WILD THING
A MODERN TAKE ON AN ITALIAN CLASSIC
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LILO IN CUFFS
PROBATION BREACH LANDS LOHAN BACK IN COURT {page 21}

OTTAWA metro®

Thursday, October 20, 2011
www.metronews.ca

News worth sharing.

All eyes on Clement's cuts

Tony Clement, the minister who wields the federal budgeting axe, to speak at city hall this morning

JESSICA SMITH
@METRONEWS.CA

When Treasury Board President Tony Clement talks about federal government cuts in his Ottawa Chamber of Commerce speech today, the local business community will be listening closely.

"We want to know — let's be up front about it — how much of it is attrition and how much of it isn't," said Erin Kelly, executive director of the Ottawa Chamber of Commerce.

Clement's speech, which is part of the Ottawa Chamber of Commerce Mayor's Breakfast Series, will be about the plans for $4 billion worth of cuts he is overseeing, Kelly said.

"We don't think it is a bad thing for Ottawa," she said, adding that downsizing the public sector "will help (diversify) Ottawa's economy, but we have to be prepared for it."

"I think what causes the fear is the unknown," she added.

Kelly says Ottawa's business community is ready to step up and help if former federal employees are entering the private sector en masse.

"It's like Smith Falls when the Hershey's plant closes: we've got our eggs in one basket to a large extent and we want to know what we can expect as a city so we can plan for the impact," she said.

Another of the chamber's concerns is that the cuts won't last if they're structured to function as an across-the-board downsizing, said Kelly.

"We don't know that that's an effective way to cut," she said. "That's the way government cut in the '90s, and we saw what happened. It worked for two or three years, and then the government ballooned again."

It would be more effective for the government to cut "red tape" and programs that are antiquated or ineffective, Kelly said.

"The minute you say 'program cuts' everybody gets there knickers in a knot and thinks we're not going to have health care anymore, or something crazy like that," she said.

"That's not what we're talking about. There are probably some programs out there that are not very effective. Cancel them."

It's not just what is cut but who is cut that matters, said Sprott School of Business Prof. Ian Lee, who studied the public-sector cuts of the 1990s extensively.

"I hope that they target older people, who are near retirement or at retirement, rather than young people, because young people are the future and we want them working, we want them paying taxes to pay for social programs," said Lee.

Older public servants spend buyouts and then their pensions in the local economy and are often eager to accept a buyout, whereas younger people need to continue to work, he said.

That's not to mention that the salaries of older civil servants are much higher than younger ones, he added.

"I hope if they are getting rid of people, which is probably inevitable, that they are at or near retirement," he said.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Treasury Board President Tony Clement speaks to reporters after an address at a GTEC 2011 conference in Ottawa on Tuesday.

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City prevents winter bus strike

JOE LOFARO/METRO

▶ Mayor Jim Watson

City Council ratified a new collective agreement with the Amalgamated Transit Union (ATU) 279 yesterday, precluding a winter transit strike.

Every councillor voted in favour of the agreement, except for Rideau-Rockliffe Coun. Peter Clark.

Clark voted nay in protest of the contract, which he said was never presented to him prior to the vote. He also said he had to fight to get his questions answered during the in-camera session before the vote.

"Frankly, I would like to have the information on it before I vote on it," Clark said.

Under the new agreement, employees will get a two per cent wage increase covering the year of the extension from April 1, 2011, to March 31, 2012.

The agreement also provides ATU employees with the opportunity to participate in maintenance work on the new LRT. It also settles some long-standing pension-related issues, while referring other pension matters to arbitration.

Mayor Jim Watson called the agreement a "modest step" in the right direction.

"The fact that we haven't had an agreement in place and signed off since 2005 shows that we do have some work to do at the city to improve relations," he said. "Now we will roll up our sleeves and start working on the next deal starting in December."

Negotiations for a long-term collective agreement are expected to begin sometime in December.

JOE LAFORO

Cold truth for Snowsuit Fund

After 30 years, demand is climbing ◗ Local celebrities help out with the fundraising launch

JOE LOFARO
@METRONEWS.CA

The chair of the Snowsuit Fund, Susan Dennison, said it's sad that, after 30 years, thousands of snowsuits are still needed to dress some of the region's children for yet another winter season.

"It's an exciting year, but we are very reflective upon the early days of the charity and what the purpose of that was," she said.

The racks for slightly used snowsuits are currently bare at the Snowsuit Fund Depot in Vanier as the 2011-2012 campaign kicked off yesterday. The charity has already purchased some new snowsuits with early fundraising money from Tim Horton's and Canadian Tire, but Dennison is waiting for the community to drop off used ones.

An estimated 15,000 needy children will be looking for warm winter clothing this year. Dennison said she is confident she will meet the demand, but that demand tends to grow each year.

"I'm honoured to be mayor of such a caring city that understands that we all have a collective responsibility to give back to the community," Mayor Jim Watson said at the campaign launch.

People can support the charity with a cash donation or by dropping off a gently used snowsuit at Canadian Tire stores, Brown's Cleaners or at the rear entrance of the Snowsuit Fund Depot at 225 Donald St.

JOE LOFARO/METRO

▶ Erin Phillips, wife of Ottawa Senators defenceman Chris Phillips, hoists up five-year-old Ryan Laguff, who was one of the first kids to get their hands on a new snowsuit at the Snowsuit Fund Depot yesterday.

1 news

Poor women whom the U.S. government moved out of the projects as part of an experiment in the '90s have benefited from lower obesity rates. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Nicolas Sarkozy becomes first modern-day French president to add a newborn to his family as his wife gives birth to a baby girl. Story at metronews.ca/world

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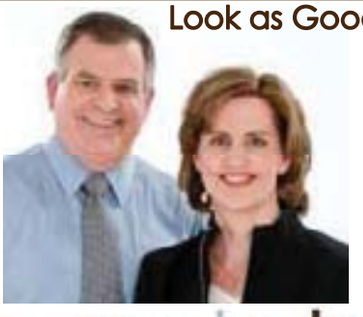
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New study looks at preventing suicide

- Local researcher hopes Canadian study will be approved by next year
- Psychiatry, philosophy come together in new research

JESSICA SMITH
@METRONEWS.CA

Understanding why some people live their life without hope, and how their brains are different, is key to research that an Ottawa-based scientist hopes will help prevent suicide.

Dr. Georg Northoff, director of the Mind, Brain Imaging and Neuroethics Unit of the Royal Ottawa Mental Health Centre, is leading a large study of teenage and college-age students who have suicidal thoughts or have attempted suicide in the past. One common link between them is they have trouble picturing or imagining their future, he said.

"Basically the future is cut off, so you are completely hopeless and when you're hopeless, of course, you don't have any incentive to live anymore," he said. "And then you come up with suicidal ideas and thoughts."

Another thing they have in common is usual activity in regions right in the middle of the two sides of their brains.

"We call them cortical mid-line structures, and they may be very much involved in extending, encoding and processing subjective time experience," he said. "Interestingly, patients with suicidal thoughts have indeed abnormal activity in exactly these regions."

That knowledge will allow for more effective therapy that will help suicidal patients better envision a bright future for themselves, said Northoff.

"And hopefully we can get to the biochemical underpinnings and that will lead to more specific treatment options and drugs."

The teenage brain undergoes huge changes, said Northoff. "How this affects your ability to project yourself into the future is unclear, but it's something we hope to find out."

"The adolescent and teenaged age, it's all or nothing. Either the future is completely open for you, or you have the feeling it is completely blocked," he said. "You're oscillating between these extremes."

Parents of teenagers, especially teens who suffer from depression, should help them remember that problems are only temporary and life often does get better, said Northoff.

"I think it is always important to keep the door open to the future."

CONTRIBUTED

▶ Dr. Georg Northoff, director of the Mind, Brain Imaging and Neuroethics Unit of the Royal Ottawa Mental Health Centre.

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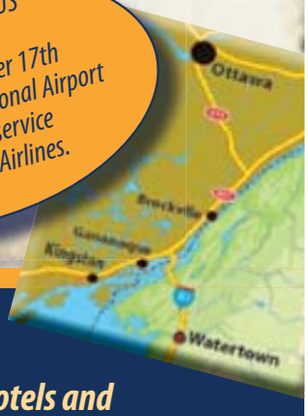

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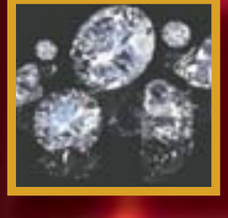

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JOE LOFARO/METRO

▶ A police car sits outside the demolition site yesterday where a 50-year-old man fell and was sent to hospital in serious condition.

Demolition injury

Man knocked from gondola while cutting steel beam

JOE LOFARO
@METRONEWS.CA

A 50-year-old man is in serious but stable condition after falling approximately 10 feet while working at the site of a building demolition near the intersection of Elgin and Slater streets yesterday.

Paramedics received the call at 1:17 p.m. and said the man was cutting a steel beam that was suspended by a crane. The beam detached and struck the gondola the man was working from, and he was knocked to the ground.

The man was conscious upon the arrival of paramedics. He was treated for head and back injuries before being transported to hospital.

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Chile. Students revolt

▶ A hooded protester preparing to throw a paint-filled bottle is sprayed by a water cannon in Santiago yesterday. Students manned flaming barricades as they protested against the government's education policies.

ALIOSHA MARQUEZ/THE ASSOCIATED PRESS

Dogged protesters go on the attack

Ohio town beset by freed wild animals

Police kill 48 wild animals after 'Noah's Ark' wreck

They're likening it to the shipwreck of Noah's Ark.

The owner of a game preserve freed dozens of tigers, lions and other wild, aggressive animals and then shot himself dead.

Police officers with assault rifles stalked the animals overnight through a rural area in Ohio and left 48 of the animals dead.

Fearful area residents were told to stay indoors.

Officers were still searching for one last wolf and monkey still on the loose last night.

"It's like Noah's Ark, like, wrecking right here in Zanesville, Ohio," said Jack Hanna, former director of the Columbus Zoo.

"To have no one hurt and killed here with 40-something animals loose was unbelieveable," Hanna added. "This was like a bunch of loaded guns running around here."

County Sheriff Matt Lutz defended the shootings, saying police had just an hour or so before sundown Tuesday and weren't carrying tranquilizer darts.

THE ASSOCIATED PRESS

TONY DEJAK/THE ASSOCIATED PRESS

▶ Motorists get a warning on I-70 near Zanesville, Ohio, after dozens of wild animals were released.

Owner jailed

- The preserve's owner, Terry Thompson, had gotten out of prison just last month after serving a year for gun possession.
- Among the dead were 18 Bengal tigers, two grizzly bears and 17 lions.

Incoming! Satellite hurtling back to Earth

Look out, Earth.

A retired satellite the size of a minivan is hurtling toward us.

Pieces of it could crash into the Earth as early as tomorrow, experts say — but they're not sure where those pieces may land.

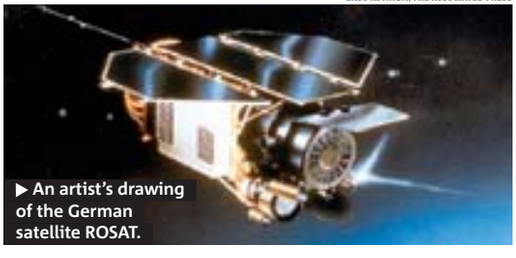
Scientists from the German Aerospace Centre are no longer able to communicate with the dead German satellite ROSAT, which orbits the earth every 90 minutes

Parts of the satellite will burn up during re-entry but up to 30 fragments weighing a total of 1.7 metric tonnes could crash into the Earth sometime between tomorrow and Monday, centre spokesperson Andreas Schuetz said.

Schuetz said countries between 53-degrees north and 53-degrees south could possibly be affected — a vast swath of territory that includes much of the earth outside the poles.

THE ASSOCIATED PRESS

EADS ASTRIUM/THE ASSOCIATED PRESS



▶ An artist's drawing of the German satellite ROSAT.

Watch out

- The German space agency puts the odds of somebody being hurt by its satellite at 1-in-2,000.
- A dead NASA satellite fell into the southern Pacific Ocean last month, causing no damage

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Top court: Web link is not libel

Ex-Green party campaign manager had launched actions against Google, Myspace.com, Wikipedia

The Supreme Court of Canada has unanimously upheld a lower court's ruling that linking to a website containing libellous material does not in itself constitute libel.

The top court ruled yesterday against Wayne Crookes, a former Green party campaign manager who argued that posting links to sites with defamatory statements was the same as publishing the defamatory material.

The website in question did not reproduce any of the disputed material, nor did it make any comment on it.

In its ruling, the Supreme Court said there is a difference between simply linking to a website and actively encouraging someone to follow a link to a website with defamatory content.

Huge win

There were concerns that a decision siding with Wayne Crookes would have a chilling effect on the web.

"The ruling is a huge win for the Internet," said Michael Geist, a University of Ottawa law professor who holds the Canada research chair in Internet and e-commerce law.

"Making reference to the existence and/or location of content by hyperlink or otherwise, without more, is not publication of that content," the court wrote in its decision.

"Only when a hyperlinker presents content from the hyperlinked material in a way that actually repeats the defamatory content, should that content be considered to be 'published' by the hyperlinker.

"Such an approach promotes expression and respects the realities of the Internet, while creating little or no limitations to a plaintiff's ability to vindicate his or her reputation."

THE CANADIAN PRESS

Gun. Men

▶ Top Guns members, from left, Cam MacQueen, 22, Drew Zimmerman, 24, Bear Johal, 24, and Taylor Love, 23, are seen at the University of Western Ontario in London yesterday. They came to collect donations and encourage students to start their own chapter of the charity, which raises money in the name of breast cancer.

ANGELA MULLINS/METRO

Raising cash for breast cancer

The Top Guns started their cross-country tour of college campuses in September as part of their effort to raise $135,000. So far, they've raised about $25,000, money that Victoria hospitals will put toward equipment used to treat breast cancer patients. To learn more about the charity, visit topgunscharity.ca.

Free coffee scam surfaces on Facebook

Coffee lovers across North America beware: if someone offers you a free cup of java on Facebook, it's probably too good to be true.

A scam popped up on Facebook over the weekend promising users a free Tim Hortons gift card if they liked a page and shared it with their friends. TORSTAR NEWS SERVICE

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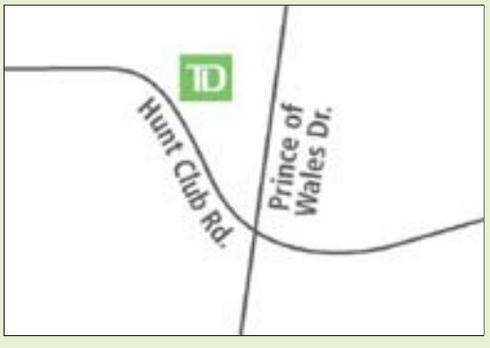

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Gay. Protest

▶ Members of the Serbian gay community attend a protest in front of the government's headquarters in Belgrade yesterday. The people were upset over an apparent homophobic attack in the capital last week.

MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

Anger over homophobic attack

Woman's kin seek justice

Store owner no longer faces charge of killing shoplifter

In the two years since Geraldine Beardy was killed after stealing a $1.89 can of lunch meat from a convenience store, her family has waited for someone to be held responsible.

That hope now appears dashed. The Crown has stayed a manslaughter charge against the shopkeeper accused of assaulting her.

Police said Beardy was hit in the upper body as she left the store. She died five days later in hospital.

THE CANADIAN PRESS

Mother of two

Geraldine Beardy, 29, was a mother of two from the Garden Hill First Nation. She was in the city for medical treatment.

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Curtains drawn for Jobs' memorial

- Private memorial held for Apple employees only
- Stores closed for several hours during the service

Apple Inc.'s famous penchant for secrecy remained intact yesterday as the company's retail stores were curtained and employees were close-lipped about a private memorial service to celebrate the life of company co-founder Steve Jobs.

The service, announced to Apple employees in an email by CEO Tim Cook, took place yesterday morning at company headquarters in Cupertino. It was also being webcast to employees worldwide.

Near the campus before services started at 10 a.m. PDT, sheriff's deputies directed traffic and employees streamed toward the company's outdoor amphitheatre. Media handlers kept reporters from getting too close to the scene and tried to prevent them from speaking with employees.

Music drifted across the campus from the service, and employees leaving the service who wouldn't give their names said singer Norah Jones and the British rock band Coldplay performed live. At the end of the service, employees said Coldplay front man Chris Martin told everyone to get back to work because that's what Steve Jobs would have wanted.

The mood was festive, not sombre, employees said. Speakers included Cook, Apple's chief designer Jony Ive and former vice-president Al Gore, who reminisced about their experiences with Jobs and Apple. Jobs died Oct. 5 at age 56 after a battle with pancreatic cancer. THE ASSOCIATED PRESS

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ADREW BURTON/GETTY IMAGES

▶ Apples sit at a makeshift memorial for Steve Job outside an Apple Store in New York City.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

▶ A protester walks past a bus-ticket office, set alight by protesters during clashes with police forces in central Athens yesterday. Greek anger over new austerity measures and layoffs erupted into violence, as demonstrators hurled chunks of marble and gasoline bombs. Riot police responded with tear gas and stun grenades.

Austerity bill gets first vote

Greek lawmakers have granted initial approval to a new austerity bill whose spending cuts and tax hikes have sparked fury on the streets of Athens.

The bill received a 154-141 vote late yesterday.

A second vote on the bill's articles will be held today in the 300-member Parliament. Only after that vote will the bill have passed.

Before the vote, riots broke out in central Athens during a demonstration by about 100,000 people on the first of a two-day general strike to protest the bill.

The measures include new tax hikes, further pension and salary cuts, the suspension on reduced pay of 30,000 public servants and the suspension of collective labour contracts. THE ASSOCIATED PRESS

HOLIDAY SEASON

Desperate deals for U.S. retailers

American retailers are so desperate this holiday season that they're willing to lose money to get you to spend yours.

Online jeweller Stauer is offering a $249 amethyst necklace for free — provided customers pay the $24.95 US it costs to ship it. Stauer will lose money on the deal, but it hopes to reel in new customers.

"In this economy, you have to be outrageous in your offers," said Michael Bisceglia, the president of Stauer.

Not every retailer will go as far as giving away merchandise, but many will offer profit-busting incentives. It's a critical time of year. Merchants can make up to 40 per cent of their annual revenue in November and December. They're so worried that Americans are spooked by the weak economy, they're willing to sacrifice profit for sales. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 203.61 (11,849.5)	- 56¢ (98.02¢ US)
Oil	**Natural gas**
- 2.24¢ US ($86.29 US)	$3.586 (+ 3.3¢)
	Gold
	$1,647.00 (- $5.80)

New e-reader to stir market

The Canadian ebook company Kobo is getting into the crowded tablet market and beating a major competitor to the punch.

Orders are now being taken for the Kobo Vox, a full-colour seven-inch tablet about the same size as the BlackBerry PlayBook. It's selling for about $200 and shipping starts on Oct. 28.

It's a Wi-Fi–only device, runs on the Google Android operating system and has eight gigabytes of built-in storage, with the ability to add up to 32GB more with an SD card. Kobo says the Vox will run for up to seven hours, if the Wi-Fi setting is turned off. The Vox will compete against a long list of tablets on the market. THE CANADIAN PRESS

Free apps up for grabs

Research In Motion has released a number of free BlackBerry apps intended to compensate its users for a widespread service outage last week. RIM says it will offer at least a dozen free apps, valued at more than $100, on BlackBerry App World until Dec. 31. THE CANADIAN PRESS

Netflix app streams to Android

Netflix has released a new version of its mobile app that allows video streaming on Android devices in Canada.

Netflix already had an app to watch movies and TV shows on iPads and iPhones in Canada, and the company now supports Android phones and tablets here.

A spokesman says the app supports the Android 2.2 and up and 3.x operating systems.

He would not say whether the company is working on a version for Research in Motion's BlackBerry PlayBook tablet.

Netflix has more than 25 million members in the United States, Canada and Latin America. THE CANADIAN PRESS

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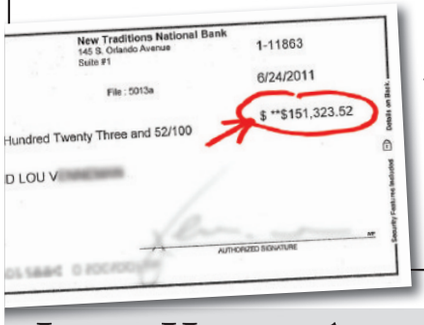

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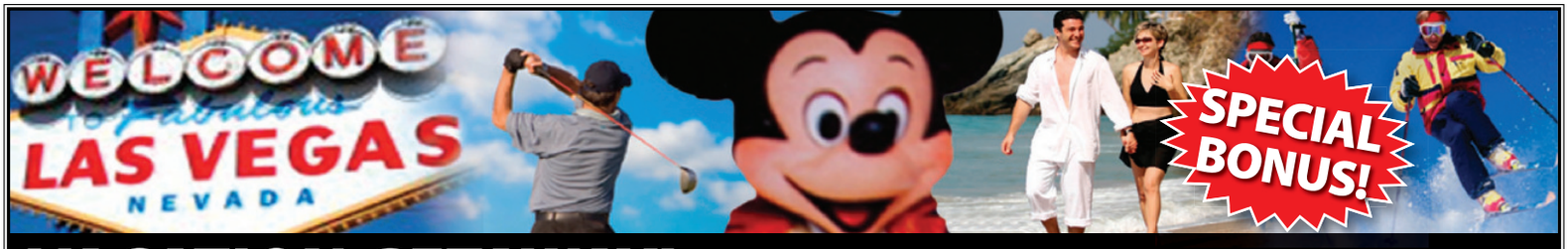

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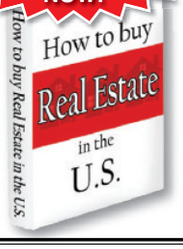

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#OCCUPY THIS COLUMN

HE SAYS ...

JOHN MAZEROLLE
METRO

This official statement was voted on and approved by the general assemblies of protesters from various Occupy movements across North America and the globe.

• We write so that all people who feel wronged by the powers-that-be can know that we are your allies. #OccupyWallStreet

• They have taken our houses through an illegal foreclosure process, leaving a man to sleep in a garbage can and a six-year-old boy (we think) to sleep outside in a nest. #OccupySesameStreet

• They have perpetuated inequality and discrimination in the workplace, based on age, sex and gender identity, even hiring undercover police officers based on how sexy they are. #Occupy21JumpStreet

"They have poisoned the food supply with chocolate-flavoured corn cereal bits and crunchy marshmallows. #CountChoccupy WallStreet"

• They have profited off the torture, confinement and cruel treatment of countless non-union actors. #OccupyElmStreet

• They have left us without jobs by outsourcin' and now we want to cut off their whatnots wi' a pair o' garden shears, us. #OccupyCoronationStreet

• They have made terrible sequels with impunity, yet continue to charge exorbitant prices for popcorn. #OccupyWallStreet2:MoneyNeverSleeps

• They have poisoned the food supply with chocolate-flavoured corn cereal bits and crunchy marshmallows. #CountChoccupyWallStreet

• They're ugly and they smell bad. Na na na ni NA na. #MockupyWallStreet

• They have influenced the courts to put people on trial for the socialistic ideals of handing out gifts for free. #Occupy34thStreet

• They have held students hostage through poor education, meaning their only path to validation is intense dance competitions — no spotlights, no springboards — on the mean streets of Baltimore. #OccupyStepUp2:TheStreets

• They have continuously sought to kick us when we hit the ground, born down in a dead man's town, we end up like a dog that's been beat too much, till we spend half our life just covering up. #OccupyEStreet

• They have turned away from the unconditional love of God and the healing redemption of Circle Square Ranch. #Occupy100HuntleyStreet

• They have purposely overcharged for noise-cancelling headphones that are just a renamed version of cheaper headphones, and sold us "long-lasting" gum that doesn't last very long at all. #OccupyStreetCents

• They have forced women to wear low-friction boards on their feet and push them down steep icy inclines. #OccupyPicaboStreet

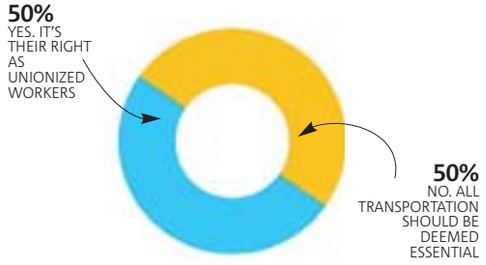
• They have taken away columnists' right to peacefully assemble by making us move along unless we kowtow to capitalism by buying another coffee. #OccupyThatTableInTheStarbucksNearestTheElectrical Outlet

• Hey! Look over there! #PreOccupyWallStreet

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Should the Air Canada flight attendants be allowed to strike?



Local tweets

@scotmccormack: 90's knocked on my door last night, asked if I'd leave my wife and kids, german engineered car and the house and I said "hell yeah, I will"

@amyboughner: @luaths you really think there are kids who don't realize they're bullies?

@iebrown: @NoelBallantyne I recommend going against conventional wisdom and spending your entire lottery win immediately.

@tamaramanning: @CarolineSavignc I couldn't find a mug, tea bag and kettle quietly if my life depended on it! :)

@BlackJack_Bob: #Leafs Hey here's an idea, instead of tripping over the stick you just dropped.. try picking it up instead....

@MoneyMak3nMitch: #hoodmemories not wanting ya moms friend to babysit cause she can't cook...like she didnt drain the meat before she put it in the spaghetti

Letters

RE: Tasering of 11-year-old boy was OK: Vancouver police chief, published Oct. 18 on metronews.ca

This is exactly why it isn't OK for police to investigate police.

There was never any doubt what the conclusion was going to be in this case. There is also no question that there are NO circumstances short of a loaded gun in plain sight that would make it acceptable for two 200-pound police officers to have to Taser an 11-year-old kid.

TERRY MCKINNEY
VANCOUVER B.C.

RE: Don't throw yourself in my backyard, published Oct. 17

Skydiving is considered a sport. Those who try it are considered daredevils, people who grab life by the collar and people who want to try new experiences.

Although community members' complaints of noise and fumes are understandable, it has now become a part of the culture of the area and it helps the economy with about 1,000 flights taking place each week.

MELANIE ZAKARIAN
TORONTO

photo of the day

▶ This photo titled Speeding was submitted to the Photo of the Day category by Kevin Backus from Edmonton.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Occupying the porch

GAIL J. LOVEMAN/THE ASSOCIATED PRESS

▶ Zeus, a Maine Coon cat, encounters a mountain lion in Boulder, Colo.

Gail Loveman's 11-year-old cat named Zeus usually stands tall and hisses when he sees a squirrel outside his owner's home. He wasn't as much of a tough guy when the animal on the other side of the glass was a mountain lion.

Loveman tells The Denver Post the encounter lasted five minutes before the mountain lion wandered off from her house near Boulder, Colo.

Loveman says she was in her home office last Thursday when she heard a noise and turned to see the mountain lion on the porch.

Zeus entered the room and walked to the sliding glass door for a closer look while Loveman snapped photos.

Loveman went upstairs and spotted a second mountain lion. She says both jumped a fence and left.

THE ASSOCIATED PRESS

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2 scene

Oasis

Legendary Canadian singer-songwriter Paul Anka and former Oasis rocker Liam Gallagher will appear on Cover Me Canada this Sunday. CBC-TV says Anka will be a special guest judge as the four finalists sing the Ottawa native's time-honoured tunes.
THE ASSOCIATED PRESS

Reese Witherspoon shares sexy 'secret' about pal Jennifer Aniston at a Hollywood event

JEN TRAPLIN FOR METRO

▶ Rishi, left, Alex "A" Silas and Eddie Quotez are all performing at the LiVE Lounge tomorrow night.

Focusing on the positives

Local artists breaking through with a unique blend of hip hop ◐ New songs now available

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA

A brush with the mean streets of India and an introspective trip to Italy inspired hip hop artists Rishi Sood, known simply as Rishi, and Alex "A" Silas to get serious about their music.

Rishi, a computer science student at Carleton University, has been rapping for nearly a decade, but decided to get serious about it a year ago.

"That particular trip helped me grow as a person. When you expose yourself to new things like that, it helps you realize there's so much more to life than our regular daily routines," he explains. "Most of us dwell over the negatives and don't appreciate the positives, which is something I did too much of before."

Rishi admits that experiencing life in another country definitely helped his music.

"Every time I get a little bit wiser, my music becomes a little bit sharper," he boasts.

In Silas' case, it was a recent trip to Italy, where he spent three months backpacking around the country, that helped him grow as a person and a musician.

"It was sort of a soul-searching trip," he admits.

"I figured a lot of things out while I was away and, the more I learn about myself, the more the real me comes through in my songs. I feel like I'm more connected to my music. Travelling definitely widened my perspective."

Silas, a Philosophy student at Ottawa U, started rapping in high school. His debut offering, The Alex Silas EP, available tomorrow, features a variety of sounds but is mainly rooted in classic hip hop.

Rishi, meanwhile, dropped his first radio single, Realness, last April. It was featured on Hot 89.9's Battle of the Beats, easily beating out the competition and entering the Hall of Fame.

The follow-up single, Times Like These, enjoyed the same fate.

Rishi's music ranges from old-school rap to up-tempo, club-driven beats. But, for him, it's about way more than just having a catchy tune.

"I want my music to shift people's way of thinking or inspire them to do something positive," he asserts.

Silas shares a similar mentality.

"I'd like for my music to stir something in people," he says.

"I want to make them feel something."

Boob, James boob

Rowan Atkinson reprises role as bumbling MI5 agent Johnny English

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Rowan Atkinson, the venerable British comic actor, is known as much for his bumbling, near-silent Mr. Bean as he is for the witheringly sarcastic Black Adder. He returns to cinemas this year with another of his characters, the blundering, very un-Bond-like British spy Johnny English. Bolstered by a surprising second life on DVD for the first film as well as Daniel Craig's revitalization of the franchise it mocks, Atkinson is hoping his spy has staying power.

The film has already had some impressive success around the world.

Yes, thank you. When you hear you're the No. 1 movie in Malaysia and Hong Kong and Indonesia and all these other places you think, Well that's curious. You know, these cultures about which I know absolutely nothing. Isn't it interesting that they can latch onto something like Johnny English Reborn and embrace it with as much enthusiasm as a British person would?

Or Russia. I went to Moscow for a premiere there. That was fascinating — partly in fact from watching myself dubbed into Russian. I thought I sounded slightly effeminate, but maybe that's how they see the British. It's probably some kind of Russian subtext. "Make sure the Brit looks a bit effete."

Given the success of Mr. Bean and Johnny English, do you find people expect you to be a bit more dimwitted in real life?

Dimwitted? I'm not aware of that (laughs). Maybe I disappoint them — either by not being dimwitted enough or being more dimwitted than they thought I was going to be. Sometimes you get a sense of expectation of comedy, of a comic persona.

When they discover that you're not Mr. Bean or anything like him, or even quite different — I hope — from Johnny English, as long as you can be polite and engaging, they might excuse you.

Where did the idea of revisiting Johnny English come from?

When the first Johnny English movie came out, people thought it was a bit cheap and cheerful. A "yeah, OK, three good jokes but then what?" sort of thing. And then it rather bizarrely established this reputation as a kind of DVD movie that children in particular can watch over and over and over again. The second re-exploitation, as they say; the TV screenings and the DVD sales.

And that's where Johnny English did surprisingly well.

And Bond has been having a resurgence.

Yes, exactly. What's good, actually, about the Daniel Craig thing is not only is he good in the part but because they decidedto move it into a more serious vein, it kind of opened up the field a bit for us.

HANDOUT

▶ Rowan Atkinson likens — but just a bit — Johnny English to the sillier James Bond movies from a decade ago.

ADVERTISING FEATURE

RECYCLE FROG (613) 695-1236

Selling old gold and silver jewelry? The bad. The ugly. The good.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common msense test?

Option #1: New companies. Inflated promises. False advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen

on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They're a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

Get a competitive, haggle-free offer for your old gold and silver by simply calling Recycle Frog at 613-695-1236 or visit their website at www.recyclefrog.com for more information.

King of the South makes return

JOHN BAZEMORE/THE ASSOCIATED PRESS

▶ T.I. has bounced back after being incarcerated by co-writing a novel and continuing to film his TV show Family Hustle.

Rapper T.I. aims to have an influence on troubled teens ◗ Hopes to pick up where he left off

Spending most of the last two years behind bars usually disqualifies someone from labeling themselves a role model.

But T.I. — back in the limelight after his latest release from confinement — insists that he's still the voice to help shape the youth for good, perhaps even more so after his well-documented struggles.

"I understand if you have your reservations of my history or my criminal record. But my question to you is, 'Who do you have that has a clean record, a clean image, never did drugs, never toted a gun? Who else do you have that can speak to these kids and they'll listen to them? If not me, who?" he said during a recent interview.

"I was actually making progress. I was doing good. I was touching lives and making a difference."

T.I. is hoping to pick up where he left off, both with his community service and his career. He was released from a halfway house last month following an 11-month stint in a prison in Arkansas. He landed there after he was caught with drugs in California, just a few months after almost a year of incarceration for trying to buy automatic weapons and silencers.

Civil rights leader Andrew Young, who has been a mentor to T.I., said despite the rapper's rap sheet, he has the potential to positively influence this hip-hop driven generation in a similar way that Martin Luther King Jr. did during the civil rights movement.

"He's always trying to keep peace," Young said of T.I.

"He does not cause trouble. He's been a victim of trouble.

"He's done some stupid things like buying guns. ... But that's the challenge of life. How do you live a smart and creative life without getting suckered?"

THE ASSOCIATED PRESS

Knock knock knocking on opportunity's door

Former Guns N' Roses bassist Duff McKagan is not your average rock star/recovering drug addict

JOHN CARUCCI/THE ASSOCIATED PRESS

▶ Duff McKagan writes for ESPN.com, owns a wealth management company and recently penned a book.

In the years since Duff McKagan left Guns N' Roses and Velvet Revolver behind, he has emerged as something of a renaissance man. He writes about sports for ESPN.com, has his own wealth management company, Merdian Rock, for musicians, and now is an author with the book, It's So Easy (and Other Lies). And he still rocks out with his group Loaded.

The book takes its name from a Guns N' Roses song, and details McKagan's triumphs and struggles.

The Seattle-born rocker rose to fame in the late 1980s with Guns N' Roses, but would eventually become addicted to drugs and alcohol, until an epiphany one day changed McKagan's life.

The title of the book is It's So Easy, and yet it hasn't been so easy. What made it hard?

The band started to take off, and moving to L.A. was great. But I suffered panic attacks, young. And I found that drinking would dampen down the panic attacks. And I always thought to myself, 'When I get up some free time, I'll deal with this,' but as the band started to take off more and more, I got the panic attacks greater and greater, and I was drinking more and more. And then I found drugs; cocaine. I could drink more if I did cocaine, but cocaine would give me more panic attacks, and it would be this caustic kind of stew of action and reaction.

What made you change?

I found reason in the hospital. My mom — I'm the last of eight kids — had Parkinson's (disease) at the time. She came to the hospital, and she was suffering Parkinson's shakes and she was in a wheelchair. I'm the youngest son. I realized then and there that order of things was wrong. I was supposed to be taking care of her.

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FRESH perspective

Breathe new life into your home décor by making key changes where it counts

STEPHANIE ORFORD
FOR METRO

This fall, home design isn't necessarily about making big purchases. If you aren't ready for that, try making key changes where it counts instead. Michael Hanos, a sales and marketing representative at Inform Interiors in Vancouver, shares ideas for how to breathe life into your existing home décor.

Multi-purpose designs: High urban density and small living spaces, and the need to decrease consumption, means many Canadians don't have the room or the desire to acquire large amounts of stuff. Having multi-purpose items helps get rid of clutter. Many contemporary designs take an existing concept, like a waste bin, and put a fresh perspective on it, said Hanos. The Sacco waste bin by Skitsch (pictured, $44 at Inform) is a playful take on multi-purpose. It can be a garbage bag, but also a laundry basket or a toy bag, said Hanos, and folds flat for storage.

Live in your dining room: As living spaces get smaller and floor plans become more open concept, the dining table has become a major focus of many homes. It's not just for food, let alone dinner, anymore. It's also a working table and a place to socialize — so treat it that way. For example, choose dining table chairs that can moonlight as office chairs or living room chairs.

Add a touch of glitz: And while you're at it, why save the fine china for special occasions? Hanos pointed out a modern example of decadent decorating — the Midas range from Skitsch (pictured above, from $82 at Inform). It's a series of simple, hand-blown glasses and carafes that look like they have been dipped in gold, but the pieces are multi-purpose and eminently usable for everyday.

Revamped design classics: The design classics are still around for a reason — they're beautiful — but that doesn't mean they can't be updated. "It's like a tire. It's always around, but suddenly you get green spokes and white rims, and you've got a fresh perspective," said Hanos. The Corbusier chair by Cassina was originally designed in 1928, but new finishes like velvet seats and silk ribbon make the recognizable design striking again.

Colour play: Current classic and new décor designs reflect the zesty colours on the fall fashion runways. Some of the Corbusier chairs are now coming out with lime green-powder coated metal tubing, said Hanos. Try adding a shock of colour to punctuate your home with accessories like a neon pink candle holder or a signature Bay blanket.

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Add a touch of Grey

Karl Lohnes, Metro's Décor Moment columnist, and Heidi Richter, designer on HGTV's Decked Out, share some hot home trends for the cooler seasons Simple, handmade accessories are in

ASTRID VAN DEN BROEK
FOR METRO

Thinking of pulling a switchup on your main floor this fall?

If so, Karl Lohnes, Metro's Décor Moment columnist, and Heidi Richter, designer on HGTV's Decked Out, fill us in on hot trends for the cooler seasons.

Love grey

Forget builder's beige because grey as a wall colour is still the new neutral. "Now everyone's going with grey for their basic wall colours and furnishings," says Richter.

Simplify

Pack away the fussy prints. "People are going simpler with accessories — not as many curlicues, not small prints and instead more graphic, bold colourful botanicals and florals rather than the fine, detailed things," notes Richter.

Think about warmth

To heat up those greys in your house, use accessories to pop colour in around your home. "In more modern interiors, you'll see violet or maybe a shot of yellow," says Lohnes. "And in more traditional interiors, you'll see almost merlot colours, so burgundy purples. Dark reds are a nice way to add whim — we haven't been decorating with burgundies for a long time in home décor. And there's lots of gold — a muddier, gilded, mustardy gold."

Look for handmade

When accessorizing your home, opt for accessories such as pillows, throws and more that have a handmade look to them. "Glassware that looks hand-blown for example, so vases and platters and anything that looks more hand-blown," says Lohnes. "A handmade touch is visually popular in anything made with fabric as an accessory."

Paper those walls

"Wallpaper is becoming classic again," says Lohnes. But if you are choosing neutral wallpaper, put it on all the walls in your room. "Don't be a scaredy cat and put it on one wall because that's what people have been doing to introduce it into their home," says Lohnes.

Just a little dab

While you like to incorporate trends into your design, you are hesitant about, well, going grey. Karl Lohnes, Metro's Décor Moment columnist, has a solution. "Even if you don't love grey, you could take your favourite colour — like mushroom or sand or green — and make sure that there's a good dollop of grey in that," says Lohnes. "That's what will keep you on top of the trends. You don't have to say goodbye to your favourite colours. It's just cooling them down a bit."

Take a step in the right direction with hardwood floors

NEWS CANADA PHOTO

▶ Experts say the process of selecting your new floor should lead you through five common steps.

According to hardwood flooring experts, the process of selecting your new floor should lead you through five common steps.

Choose your colour

Typically, hardwood flooring manufacturers offer a series of standard popular colour choices. Often these stain colours aren't exactly what discerning consumers are looking for and they spend days and weeks searching different manufacturers for that particular elusive stain colour that will harmonize perfectly with their home design.

Determine whether you are using solid or engineered flooring.

Solid flooring must be nailed or stapled into an existing wood subfloor and is only recommended on or above the grade level (soil line) around your home.

Engineered flooring's construction allows it to be installed over virtually any type of subfloor whether above, on, or below the grade level.

Choose your preferred species and grade

Examine the natural colour of each species, their distinctive grain patterns, grades and visual characteristics such as knots, and mineral streaks to find what appeals to you. Also, consider the relative hardness of the different species.

Choose your board width

Narrow boards, or strip flooring, perform well and have a certain appeal particularly in smaller rooms, while wide boards are often perceived as being of higher value, and have greater appeal in larger rooms.

Choose your gloss level

The final choice is the degree of light you wish your floor to reflect. A semi-gloss finish reflects approximately 50 per cent of the light shone upon, while a simulated-oil look reflects approximately eight per cent, and a satin-gloss finish reflects at a 30 per cent rate. NEWS CANADA

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5 design tips for your kitchen

The kitchen is the heart of the home — a place where everyone naturally gravitates for not only meals, but late-night talks, homework sessions and family celebrations. So making sure this popular room is designed to meet your family's lifestyle needs is important. Frank Turco, senior manager of trend and design, The Home Depot Canada, shares these fundamentals of a well-designed kitchen space:

1 **Planning:** Like any home improvement project, having a kitchen plan is critical. For years, many have left this task up to the designers, but now you can be involved in the process, too, with handy online planners such as The Home Depot's My Kitchen Planner available in late October.

2 **Spacing:** Leave sufficient space in front of your appliances and cabinets to ensure there is room to open the doors and move around comfortably. You also need to have enough space around your sink to scrub, wash and rinse (particularly if it takes two to wash the dishes). Quick tip: The walkway between your island and cabinets should measure approximately 106 centimetres (42 inches) wide to accommodate traffic flow.

3 **Layout:** When planning the sink and countertop area, keep cleanup and food prep in mind. Not only is it easier for your plumber to install, having the dishwasher close to the sink makes for quick loading of dirty dinner plates.

4 **Lighting:** Consider going with unique lighting options such as underneath overhead shelves or inside glass-door cabinetry, track lighting above the kitchen table or even an unexpected (and glamorous) chandelier. Add dimmer switches throughout so you can set the light to match the occasion.

5 **Flooring:** Kitchen floors have to bear a lot of wear and tear, so when choosing the flooring, look for good quality stain resistant options. Hardwood floors can last a lifetime and harmonize with just about any kitchen décor, while laminate flooring offers strong durability, at a more budget friendly cost. Not sure if flooring should be darker or lighter than cabinetry? Go with your instinct and what suits your personal style. NEWS CANADA

CONTRIBUTED PHOTO

Light up your life

Simple ways to change the mood in your home

STEPHANIE ORFORD
FOR METRO

Changing your lighting is one of the simplest, most effective ways to create a mood. For the latest concepts in lighting design, Metro consulted Omer Arbel, creative director of Bocci, a lighting and furniture design company based in Vancouver.

Found objects

The perfect example of a whole being greater than the sum of its parts, found object lighting can be beautiful and witty when it's done well, said Arbel. Case in point: The Campari Pendant Light by Ingo Maurer. "Maurer found these beautiful mass-produced bottles ... and just clustered them in a circle and put a light bulb in the middle of them — and there you go."

Focus on fabrication

For Bocci, the final product is only as special as the way it was made. Arbel and his team focus on the properties of the material or a technique they want to use and they develop a fabrication method from that. Their 28 Series is made by blowing glass by inhaling rather than exhaling to create a "controlled implosion" of the glass.

The ambient chandelier

Or try a different take on lighting altogether. Bocci's ambient chandelier, the 14 Series, is many pendant lights of different lengths, which occupy a large volume of the room and act more like a cloud of light than one central piece. Try hanging paper lanterns or pendant lamps at different heights around the room.

Focus on light filtering

Of course, there's always a light source, but the key to creating a mood is the way the light is filtered, said Arbel. "The filter is the part of the light that evokes the most emotional response." Bocci's 21 Series filters light through a very thin white porcelain shade. When shopping for lighting, pay attention to the way a fixture filters the light to create a mood.

Bocci products are sold across Canada and internationally. Find more information at bocci.ca.

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Live large in small spaces

Go from cramped to comfortable with these tips and realize that you, too, can live larger with less.

1. **CONTAIN IT:** The more items in view, the more compact the room appears. To prevent overcrowding, contain as much as you can in stylish storage, then designate a spot for every belonging, leaving only a few items on tables and desks.

2. **FURNITURE THAT FITS:** Replace large and overstuffed furniture that overwhelms with trim, tailored pieces more in scale with the space. Next, invest in as many multi-tasking pieces as possible.

3. **LIGHTEN UP WITH WINDOW DRESSING:** No one likes a dark space. Even if the home feels cave-like with fewer windows than desired, capitalize on what you currently have. Add mirrors that act as virtual windows to enhance the light a room receives.

4. **COLOUR THAT CREATES SPACE:** Since colour is one of the most powerful ways to affect a space, watch walls recede by choosing the right ones. Bold and warm hues make a room feel cosy, while light and cool tones instantly expand the space. **NEWS CANADA**

Perk it up with Paint

Spice up your dining room with colour

The holiday entertaining season is nearing, company is coming, and, while menu plans are fully under control, it's the drab and worn look of the dining room that's touching off a case of angst. No worry: Perk it up with paint. It's an instant, economical and effective solution that will help you set the stage for welcoming guests into your home.

"Think about adding yummy spice colours that can warm up the ambience and even add a glow," suggested Benjamin Moore colour expert Sharon Grech.

An ordinary bead board panelled room, for instance, was dramatically rejuvenated with a makeover prescription that included Aura paint in the colour tumeric.

"We chose the spicy mustard-like colour because the natural light pouring into the dining room causes different tonal effects each season. The colour reads a bit more fiery and hot in the summer sun, but in the autumn and winter appears to recalibrate to a deeper, but still warm finish."

Grech added that it's helpful to observe such details on how the sunlight affects your space since it, in turn, can make a difference in how the colour reads.

She also noted that tumeric is just the tip of the "spiceberg" with this leading paint company.

"I've found more than two dozen inspiring hues that actually take their name from what's typically found in the pantry — like dashof curry, chili pepper, cinnamon, and allspice, to name a few. Plus, there are many other reds, yellows and oranges that are evocative of nature's most exotic spices and all the sensory pleasures they spark."

Regardless of the colour choice, said Grech, the sheen you select is equally as important.

"We went with a semi-gloss, and it's the glossy finish in that dining room that contributes to the visual 'wow,' creating the glow, and leveraging the powerful impact of the natural sunlight," she noted.

NEWS CANADA

NEWS CANADA PHOTO

▶ Spice colours can warm up the ambience and even add a glow to your dining room.

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Basic white

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But add hints of colour to kitchen appliances if you are looking to upgrade

ASTRID VAN DEN BROEK
FOR METRO

Harbouring a dated fridge in your kitchen?

Maybe it's time to finally upgrade all the major — and minor — appliances in your home.

Here's what's hot for fall in appliances.

Wonder about white?

We have long loved our stainless steel appliances — so much that they are not really a trend anymore but more of a classic, notes Karl Lohnes, Metro's Décor Moment columnist.

"White appliances have returned and they're making more modern styles with white to please people that really don't want stainless," he says.

That said, don't shy away completely from little hits of colour here and there.

"Red is the most popular accent colour for kitchens and also popular is the electric indigo blue," adds Lohnes.

Induction stoves

Sure, gas ovens are great on which to to cook. But what about swapping over to an induction stove? "With cook tops, induction is rapidly growing in popularity," says Heidi Richter, designer on HGTV's Decked Out. "People are more aware of it and there are definitely a lot of pros to using induction. Yes, they still cost more because it's a newer technology. But it heats up quickly, it's a cool surface except for directly underneath your cooking vessel, and it's also energy efficient."

Opt for energy savers

Replacing that energy-sucking fridge? People continue to look at the energy usage for their appliances as well — looking at kilowatt usage and so forth, says Heidi Richter, designer on HGTV's Decked Out.

"And that's important because it's better for the environment and it will also help save you money."

Go darker

… with your stainless steel if you do put it in your kitchen.

"So choose a dark graphite stainless grey, which has a darker, metal look," says Lohnes.

Also look for smaller appliances that combine little pops of colour by either accenting stainless steel with white, or stainless steel and a touch of blue or red. Richter adds that smaller appliances are an easy way to experiment with colour and style in your kitchen.

Streamline your look

Want one of those sleeker, streamlined Euro-style kitchens?

"Smaller appliances are getting smaller in footprint and the ones that we show off are the better quality," says Lohnes. "So our big appliances aren't sitting out anymore, such as the stand mixer or four-slice toasters."

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Drawn toward window coverings

Bring out the drapes, avoid the fussy, layer the look

ASTRID VAN DEN BROEK
FOR METRO

With cooler temperatures outside, it's time to rethink your window treatments this fall.

Here are four trends that Karl Lohnes, Metro's Décor Moment columnist, and Heidi Richter, designer on HGTV's Decked Out, found for fall interiors.

1 Bring out the drapes Cooler weather means it's time to layer the look of your fall window treatments, only with the return of luxurious materials this year.

"So using the look of cashmere, wool or silk with a sheen to it," says Lohnes. "In the summer, we saw heavy linens on windows. But these luxurious fabrics are all considered very classic and definitely something that looks richer and more tactile to touch."

2 Avoid the fussy "I do find that even the panels used for draperies are going simpler," says Richter. "So, 10 or 15 years ago, drapes used to be full ruffles, lots of pleats in draperies.

"Today, people are leaning toward grommet panels for example (curtains with reinforced loops at the top of panels to thread a curtain rod through.)"

The blind side

How can you determine what colour of those popular wood blinds look best in your window? The rule of thumb is if you are opting for a wood blind, blend or match it with your wood floors and window frame. "Don't mix it because otherwise that's too many woods in a room," advises Karl Lohnes, Metro's Décor Moment columnist. "And your windows are not your furniture so you don't match your furniture. You match your constant what's there for life, which are the wood floors."

BRAND X PICTURES/THINKSTOCK

▶ Cooler weather means it's time to layer the look of your fall window treatments.

3 Pronounced or hidden curtain rods Decide what you prefer — to hide your rods or use them as an almost accent piece. "So show off the rod. Or if you're not going to spend money on something to show off, then blend it away," says Lohnes. "Some are doing an invisible rod or something where you don't see the hardware at all to keep a cleaner look for the drape. We're really seeing more of the clean look right now without any of the fancy hardware."

4 Layer the look Drapes look great layered over a set of blinds. "People are still into mixing the layers because of the introduction of drapes," says Lohnes. "They still want something interesting under the drapes because a lot of people haven't put drapes up yet. So we're seeing the use of the matchstick type blinds, the slatted wood stick blinds."

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Bigger is better when it comes to home theatres

If you are always drooling over your friend's big screen TV during the Grey Cup, or spend more time watching the latest Hollywood blockbusters at a friend's place than at the movie theatre, it's time for you to invest in your own big screen at home.

Sharp Electronics TV product expert Greg Balina (thinksharp.ca) offers some tips on how to be successful with the big buy:

- Evaluate your options and what features you are looking for before you buy. Where are you going to place the TV? Do you want full surround sound? Will you be able to mount your set high enough and away from any young children's eager fingers?
- The biggest regret people have when they set up their new screen is not buying big enough. The difference between a 70-inch and 46-inch TV is twice the viewing area — meaning you get a true cinematic feel rather than a traditional home TV viewing experience.
- Gone are the days of bulky sets that seem to be more frame than screen and stick out two feet from the wall. Now, sets are lighter, thinner, and specifically designed for a home viewing experience. And with some 70-inch models selling for less than $4,000, a big screen experience is more affordable than ever.
- Think green. Investing in a great home viewing experience doesn't need to put your hydro bill through the roof. Look for new big screen models that use extremely small amounts of energy, some as little as a 100-watt light bulb.
- You can go big. Focus on the right furniture and keep things simple. Choose large main furniture pieces, like oversized couches and a prominent coffee table, and minimize items like end tables to create balance. **NEWS CANADA**

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Cork: The responsible choice

NEWS CANADA PHOTO

▶ Cork floors have increased in popularity because of the comfort and easy-living style.

The trend to bring nature and its elements indoors has inspired a new trend in flooring. Over the past few years, cork has become a popular flooring choice due to its chic-unique aesthetics and environmental benefits.

Cork is warm, as well as inviting, and complements a variety of decorating styles and elements, including all wood furniture finishes. It's the perfect choice no matter your current decor or taste. Whether you prefer a casual, modern or relaxed country look, cork will accentuate any style or space.

Cork floors have been used for decades, traditionally in schools and libraries for its acoustic benefits. Redesigned for today's consumer, cork is making its way into mainstream living rooms, bedrooms and, in particular, kitchens, due to its natural beauty, comfort and warmth. While you will love the look of cork, you will absolutely adore the feel of it. Cork is 50 per cent air, a dense cushion that insulates against cold and comforts every footstep. With a cork floor underfoot, you will never want to wear shoes or socks indoors again.

Which rooms?

- **Casual living spaces where you live on the floor.** Great rooms, family rooms, basements.
- **Kitchens.** The warmth and comfort benefits are unsurpassed.
- **Bathrooms.** Warm and beautiful. No need for special under-floor heat.
- **Bedrooms.** Warm and comfortable when getting out of bed and hypoallergenic.

Industry tests for wear have also shown that cork endures like hardwood. Add to this its ability to absorb sound, and cork is beautiful, smart and tough to its core.

Cork offers one more comfort — peace of mind for the environmentally conscious. Cork comes from bark and gently harvested from living trees. While harvests occur often, the same tree is used only once every nine years. The time-honoured tradition, which includes hand tools, never destroys the tree, making cork an entirely renewable resource. **NEWS CANADA**

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McBride gets makeover

Country star switches label, tackles writing her own songs

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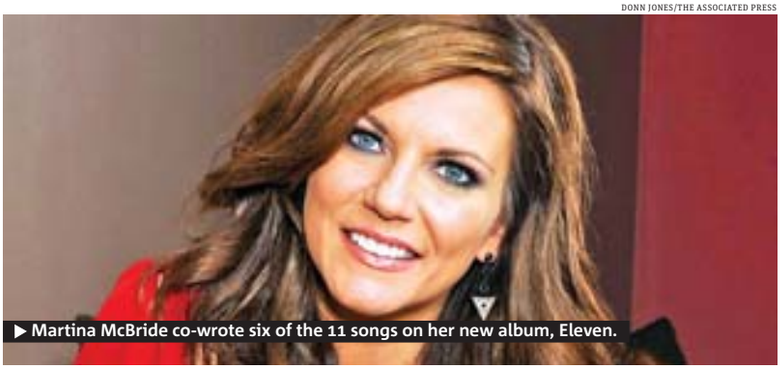

▶ Martina McBride co-wrote six of the 11 songs on her new album, Eleven.

Martina McBride was looking for that spark you get when you know you've discovered your true match. The country music star found it in Scott Borchetta and his Big Machine Label Group.

McBride's new album, Eleven, is her first for Republic Nashville, ending a two-decade association with RCA that included 18 million in album sales. But at 45, she finds the switch invigorating, and it has pushed her in directions she never really considered before.

Those days with RCA, she says, were good ones and the split was amicable.

"But it's also good after that long being in one place, to be able to transition to a place that has people that are just super, super excited about you," McBride said. "Sometimes in a long relationship, there comes a time when you just need to shake it up a little bit, and this feels like the first days when I was at RCA. Everything feels brand new again, and that's really a great thing, especially this far into a career."

Borchetta was very interested when he learned McBride wanted to talk about joining his group, home to other tops stars like Taylor Swift, Reba McEntire and Rascal Flatts. And why not? She's one of country's veterans and remains one of its most lauded singers. She's up for female vocalist of the year next month at the Country Music Association Awards again, seeking a record fifth win in the category.

The label head thought there was more to McBride than the public generally sees, though. He encouraged her to write more songs for Eleven than she had on any of her previous 10 albums, and he also thought she should get out of town while recording.

McBride, who also hired new management and brought in new co-producer Byron Gallimore during this period, found the label's support liberating. It reinforced her growing confidence to tackle intimidating things like songwriting.

She co-wrote six of the 11 tracks. There was the lead single Teenage Daughters that arose from a disagreement with her oldest daughter. Long Distance Lullaby, about being away from home, also grew out of an idea about three daughters. And then there's Always Be This Way, loosely inspired by Train's Hey, Soul Sister and Jason Mraz's I'm Yours, which she wrote because she "just wanted to write something fun. I don't think I've ever made a record that had so much of my attention, especially since I had children," McBride said.

THE ASSOCIATED PRESS

"Sometimes in a long relationship there comes a time when you just need to shake it up a bit, and this feels like the first days when I was with RCA"

MARTINA MCBRIDE ON MOVING TO A NEW LABEL

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Idol runner-up debuts album

Lauren Alaina to 'make it or break it' with record released last week

Lauren Alaina is growing up quickly.

The 16-year-old American Idol runner-up has spent the past four months since the show's season finale performing in arenas across the country, doing interviews, music video and photo shoots, and recording her debut album, Wildflower, released last week.

The former high school cheerleader is hoping the effort will help solidify her in the country music world, because she realizes the stakes are high.

"I feel like this first album is kind of make-it-or-break-it for me, because I just got off national television. So people know who I am, but they don't know who I am as an artist," said Lauren in a recent interview. "I just feel like this album is my way of kind of putting myself out there and showing them exactly who I am."

Billboard's associate director of charts, Keith Caulfield, believes Lauren is off to a good start. Her first single, Like My Mother Does, is in the top 40.

"Even though she has Idol as this great platform to launch her, she's still a developing artist. You usually don't see Idol winners with their first single on the country charts fly to No. 1," he said.

"I think both her and (winner) Scotty (McCreery) are both in a really good position right now, because they're both young and they're both singing country music," he added, noting that the success of Taylor Swift has opened doors for young performers in the genre.

The 12 songs Lauren chose for Wildflower reveal experiences she's gone through or stories she relates to on a personal level. She co-wrote one track, called Funny Thing About Love, with Nashville songwriting talents Luke Laird and Brett James.

Lauren cut a song Carrie Underwood co-wrote, called Eighteen Inches. As a former American Idol" winner, Underwood has provided meaningful support to Lauren. The two exchanged phone numbers, and Lauren asks her for advice when she gets upset. Recently, the Georgia native was feeling particularly homesick and reached out to Underwood.

"I just said, 'How do you deal with being away from your family for so long and just being gone all the time?' And she said, 'You have to think about all the positive stuff that's going on, because you have so much going for you right now. Your family will always be there.' Just hearing that from her, knowing that she had been through what I'm going through, just made me feel 10 times better," said Lauren.

THE ASSOCIATED PRESS

JEFF CHRISTENSEN/THE ASSOCIATED PRESS

▶ American Idol runner-up Lauren Alaina.

Dee on marking tests

- "Just because I knew the question didn't mean I knew the answer, so I would just mark the smartest kid in my class, some kid that's probably a doctor now ... and I'd mark his first and that would become my answer sheet.

HANDOUT

▶ As a teacher, Gerry Dee was afraid of teaching smart kids, because he wasn't able to answer their questions.

School's out for Gerry Dee

Comedian pulls plenty of material from his stint as a teacher

Canadian comedian Gerry Dee has a big year ahead of him, with his own sitcom set to launch on CBC-TV in January, as well as a cross-Canada tour and a planned DVD and book release.

While the former contestant of NBC's Last Comic Standing has plenty to boast about when it comes to his comedy career these days, there was a time when he was shy about his standup, he says, noting it was during his days as a high school teacher in Toronto.

"That was a real secretive thing at first," Dee, 42, said in a recent phone interview from his Toronto home, where he lives with his wife and two young children.

"I'm a fairly clean comic now; I was squeaky clean when I started because I would be so afraid that kids would show up, or parents. And I was teaching at a really reputable, private Catholic school. I also wasn't the type of person to swear in my regular life that much, and it wasn't like I was hiding anything, but I remember it being embarrassing that people started finding out."

Dee, who was born Gerard Donoghue, riffs on that part of his life in his current Life After Teaching Canadian tour and new DVD of the same name, which is slated for release in January.

He's also writing a book about his days in the classroom, with the working title Teaching: It's Harder Than It Looks and a release date of next October.

Dee's teaching days are also the basis of his sitcom, Mr. D, which is set to premiere Jan. 9 (at 8 p.m. ET) on CBC.

Filmed in July and August in Halifax, the 12-episode series sees Dee playing an exaggerated version of himself as a teacher, a career he held down for a decade until 2003.

Co-stars include Jonathan Torrens (Jonovision, Trailer Park Boys), Wes Williams (a.k.a. rapper Maestro), Mark Little of Pinicface, and Gemini Award winners Booth Savage and Bette MacDonald.

The show has "a bit of an edge to it" and has the look and feel of The Office, said Dee, who played Donny in Trailer Park Boys: The Movie and had a weekly sports segment on The Score network.

"It's primarily about my character, who is teaching subjects that he doesn't know, and is just trying to get through the day and pretend he knows and be (the students') buddy and be their friend."

Such was Dee's experience in real life, too.

With a degree in physical education, Dee found himself outside of his comfort zone when he first became a full-time teacher and had to cover the subjects of history and geography for three years.

"You have to understand, I was teaching Grade 12 history, and normally a teacher teaching Grade 12 history kind of embedded their lives in history and they read a lot and they took it in university — and I didn't," said the Toronto native, who also details the experience in his 2007 live concert DVD, No Reading Ahead.

"I was a good teacher, I was good at managing the class and discipline, but I didn't know the stuff so I just prayed kids didn't read ahead."

Dee recalls one kid in particular asking him about the ancient Mayan civilization.

"I didn't know what the Mayans were. I couldn't say that, though. I had to pretend I did (know) but I didn't want to tell him, I wanted him to figure it out. It was just a chance for me to go home and look it up myself," he recalled.

"It was just a vicious cycle of like, 'Oh God, smart kids.' When you don't know the subject, smart kids are not fun to teach."

THE CANADIAN PRESS

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Line-up subject to change.
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Probation breach lands Lohan in cuffs

Star taken into custody after judge finds her in violation of community service assignment
Bail set at $100,000

Lindsay Lohan has been taken away in handcuffs after a judge found her in violation of her probation.

Superior Court Judge Stephanie Sautner revoked Lohan's probation Wednesday after the actress encountered problems during her community service assignment at a women's shelter. Bail has been set at $100,000.

Sautner said Lohan would be entitled to a hearing before being sentenced to jail over the violation.

Lohan has started serving hours with the American Red Cross, but Sautner said that would not count toward her probation because it was not part of her sentence.

It's the latest legal problem for the 25-year-old Lohan, who remains on probation for a 2007 drunken driving case and a misdemeanour theft case this year. METRO

PHOTOS: GETTY IMAGES

▶ Lindsay Lohan

Beyoncé's mom mum on pregnancy

Tina Knowles knows a lot of details about daughter Beyoncé's pregnancy, but she's keeping mum. "They know what they're having, but I'm not telling," Tina tells Life & Style magazine. METRO

Jackman said no to Bond

Hugh Jackman says he was considered to take over the role of James Bond before it ultimately went to Daniel Craig. "I got a call from my agent saying, 'There is some possible interest in you for Bond. Are you interested?' At the time, I wasn't," Jackman says. "I was about to shoot X-Men 2, and Wolverine had become this thing in my life." METRO

Celebrity tweets

"Jesus Christ, the 2 dudes who work at this EZ-LUBE are ALSO gorgeous. My car's getting fixed in an Abercrombie & Fitch catalogue."

@pattonoswalt

@Andy_Richter

"My favorite country songs are the ones about country songs."

@MarthaPlimpton

"People ask @AlecBaldwin about pizza a lot. That's all I'm saying."

Reese gives love to Jen

Jennifer Aniston was honoured at Elle magazine's 18th annual Women in Hollywood Tribute, and her presenter, longtime pal Reese Witherspoon, couldn't contain her enthusiasm for the former Friends star, according to Us Weekly.

"On one hand, she is this gorgeous breathtaking beauty that men lose their thought process and their speech patterns [over] — I've actually seen this, it's incredible when they see her — and, on the other hand, she is a woman who lets you in," Witherspoon gushed.

"There's not that many people actually that have this incredible combination. You just want to get your nails done with her, and you want to make out with her at the same time ... at least I do." METRO

▶ Jennifer Aniston

Keibler loves red carpet

George Clooney and Stacy Keibler are upping the ante when it comes to red carpet displays of affection, according to Us Weekly. Most recently? Hitting Paris for the French premiere of his new film, The Descendants, with Keibler on his arm. Clooney and Keibler "gazed adoringly at each other" while stopping for photographs. METRO

Grammer says ex-wife wanted Frasier, not him

Kelsey Grammer thinks that ex-wife Camille Grammer had some pretty tough expectations when they first got together. "I think she married me because I was Frasier," Kelsey tells Piers Morgan in an interview.

"[Frasier] had this great wonderful life ... he was stylish ... and just a little gay ... Kelsey Grammer is a different story," he added. METRO

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11 a.m. - 4 p.m.
Family programming on George Street and throughout the ByWard Market
Including: Free wagon rides | Entertainment | Food & More
For more information and to
register for the Volksmarch online:
www.byward-market.com
613-562-3325

DISCOVER MANY HEALTH BENEFITS AT BIKRAM YOGA OTTAWA

If you are planning on taking a yoga class at Bikram Yoga Ottawa, be warned: You are going to sweat. Profusely! That's because the ideal conditions to practise Bikram Hot Yoga are 40 C with 40 per cent humidity.

Bikram Yoga, by definition, is a series of 26 beginners hatha yoga postures and two breathing exercises, practised in a heated room. Each session is 90 minutes. The heat facilitates deeper stretching, injury prevention and relief from stress and tension.

"Bikram Yoga is designed to restore health to every muscle, joint and organ of the body and to develop general wellness over time," says Claire Cameron, owner and director of Bikram Yoga Ottawa.

CONTRIBUTED PHOTO

Cameron, a former ballet dancer who trained with the Royal Ballet in London, immigrated to Canada in August 2001. After discovering the life-changing health benefits of Bikram Yoga, she set out to open her own studio. Researching opportunities across Canada, Cameron settled on Ottawa for her new studio. She moved to Ottawa in 2010 and opened Bikram Yoga Ottawa in February 2011.

Bikram Yoga Ottawa offers a variety of class times, including early morning, evening and weekend time slots. Bikram Yoga Ottawa is located close to major bus stops and has convenient street parking (which is free during evenings and weekends).

ORIGINAL HOT YOGA EXPERIENCE

Bikram Yoga Ottawa is the only Bikram-affiliated studio in the city of Ottawa. It opened its doors Feb. 19, 2011, providing the city with the original hot yoga experience. Centrally located in downtown Ottawa on Bank Street between Queen and Sparks, it is the ideal studio for those working in the downtown core.

HOW TO KEEP YOUR BUSINESS PLAN FRESH

FRAMEWORK SHOULD BE CONTINUALLY EVOLVING

If your business plan has been collecting dust since you launched, it's likely time to refresh. Updating your business plan on a regular basis is critical for any business to stay relevant and be successful in the future.

Elements of a business plan change in as little as a year — for example, sales targets, competitors and cash flow. A plan should be a continually evolving road map to where you want your business to be in the coming months and years. Here are some common business-planning pitfalls.

DOING IT ALONE: It's hard to be impartial when it comes to your own business. So involve employees, experts and other small business owners who may have an interest in the process. They can help you generate new ideas for the future.

FREE TEMPLATES AND SAMPLE PLANS

Canada Business Ontario has free templates and sample business plans for a variety of industries and a business planning video to help get you started.

It also offers secondary market research and demographic information to get you started. Call the Business Info Line at 1-888-745-8888 or visit canadabusiness.ca.

NEWS CANADA PHOTO

TOO MUCH INFORMATION: Keep it short and simple. Present your business ideas clearly and stick to the facts: Incorporate market studies, benchmark reports and sales projections. Let these facts persuade your investors or lenders that your business will make a profit.

THE WRONG DETAILS FOR THE WRONG AUDIENCE: You don't want too much information, but you need to include the numbers and facts that back up your ideas.

If you want lenders or investors to take your business plan seriously, make sure the format is appropriate for your audience and look into different templates and sample business plans.

FILING IT AWAY: A business plan can give you an objective picture of the viability of new projects. But it can only do this if you keep it up to date and refer to it regularly. Create a semi-annual or annual schedule to keep it fresh and current.

Continuous business planning helps identify opportunities, competition and changing industry trends.

Your business plan will not only sell your idea to potential investors or lenders, it will also keep your business goals on track.

– News Canada

HOW TO EMBARK ON RIGHT PATH AND PLAN YOUR TRIP ACCORDINGLY

NEWS CANADA PHOTO

Running a small business has its challenges and successes.

To overcome the challenges, it's important to seek help from someone who is as committed to the success of your business as you are — a certified general accountant (CGA). They provide the knowledge and skills that go beyond typical accounting services to see the big picture and provide the financial expertise to identify opportunity. After all, shouldn't every aspect of your business have the potential to strike a high return on investment?

A BUSINESS PLAN IS YOUR ROAD MAP TO SUCCESS

Every small business needs a plan to embark on the right path and achieve steady growth. Think of a business plan as a road map to success and plan your trip accordingly.

A CGA has the skills and expertise to plan your map, get you started and keep you on the road to success.

BUSINESS STRUCTURES AFFECT TAXES AND LIABILITIES

Most organizations have three forms of business structures from which to choose: Proprietorship, partnership and corporation. The right business structure will maximize the potential of your business and help you avoid surprises at tax time.

GOOD RECORD KEEPING MAKES GOOD BUSINESS SENSE

Not only is good record keeping the law — good record keeping makes good business sense. The law requires businesses to maintain books of original entry, sufficient to determine that all taxes have been collected, paid and assessed. Additionally, your business needs to keep records so you can measure your progress and identify opportunities to grow.

TAX AND PAYROLL DEDUCTION REMITTANCE IS MANDATORY

Harmonized sales tax (HST) and payroll deductions are held in trust for government agencies. These taxes and deductions must be remitted — on time and in full — no matter how tight the cash flow of your business. The penalties imposed for failing to remit can be significant.

YOUR BANKER IS YOUR ALLY

Your banker wants your business to succeed — why else would the bank lend you money? Help your banker to understand your business by providing detailed, timely and pertinent information. When your banker is your ally, your ally is a small business asset.

More information or access to other small business resources is available at cga-ontario.org or toll-free at 1-800-668-1454. *– News Canada*

HAIR REMOVAL SPECIALISTS AT CARESS ELECTROLYSIS

Caress Electrolysis specializes in the only permanent method of hair removal.

Electrolysis renders the source of nourishment inactive, eliminating the follicle's ability to produce hair. Although clients will feel some sensation, most are pleasantly surprised at how comfortable the treatments are, according to Kathryn Hay, owner of Caress Electrolysis.

"We offer various options, such as topical analgesics, for those whose tolerance levels are low," she says.

Comfort, convenience and professionalism are what set Caress Electrolysis apart from the competition. With five certified electrologists — including three with more than 20 years of experience each — the clinic operates six days a week and five evenings until 8.

The clinic's soothing ambience is complemented by attentive service and state-of-the-art equipment, including microscopes to ensure precision. Attention to detail, disposable probes and strict sterilization procedures are followed.

Hay invites anyone interested in learning more about electrolysis to call and book a free personal consultation.

During the consultation, an electrologist will explain the procedure, provide a sample treatment and estimate how much it would cost to treat a particular area. The goal is solely to educate consumers — the consultations carry no obligation.

TESTIMONIALS

"After having tried different methods of hair removal only to have been disappointed time and time again, I would not hesitate to recommend Caress to anyone."
— DENISE

"The ambience is gentle and soothing, as are the technicians."
— MICHELLE

"I have found electrolysis much easier and more comfortable than laser hair removal."
— CRYSTAL

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Today's trend

KISS KISS BANG BANG

Violent Lip's temporary lip appliqués.

VIOLENT LIPS

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Navajo Nation alleges trademark violations in Urban Outfitters' branding

She's got style in the bag

As Tiffany & Co. launches their new leather collection in Canada, designers Richard Lambertson and John Truex dish on what's involved in making a luxury handbag Some items in the collection go for as much as $21,200!

HEATHER BUCHAN
LIFE@METRONEWS.CA

Materials account for much of the cost, given that all the bags and wallets have leather exteriors and interiors. "With a lot of 'luxury' brands, you open up a bag and it's empty. It's fabric-lined with a zip pocket," says Truex.

The pair's designs were sent to craftsmen in Italy where the entire collection was made.

The star item has been this Tiffany Reversible Tote — a soft suede and metallic leather bag with palladium-plated solid brass hardware and a detachable zipper pouch.

All seams are double-stitched

Corners are riveted for protection

The designers travelled extensively to derive inspiration for their collection's rich saturated colours.

Bag mistake

What do the designers deem the biggest mistake a woman can make when choosing a purse

"A mistake is wearing a huge tote when you're wearing a formal dress at a wedding," adds Truex. "It's like, come on! The bag is entering the room before you are."

Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
At @LGFWbyFDCC tent for @holtrenfrew show. Robin Kay's delivering a formal scripted speech. This is last season for LG. Let the show begin!
@Leeannlacroix:
play by play please!

- **@Jeanne_Beker:** Jeremy Laing's timeless modernity opens
- **@AyznGurl:** @LGFWbyFDCC oooooo #JeremyLaing!!!!
- **@Jeanne_Beker:** Smythe's take on Canada Cool @LGFWbyFDCC
- **@Alli_Blair:** LOVE! Those ladies are blazer gurus @lgfwbyfdcc

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.
JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

Deflate your face!

THE KIT

BY JANINE FALCON

Minimize under-eye puffiness with tips from Joanna Schlip, celebrity makeup artist and spokesperson for Physicians Formula.

How do I get rid of puffy morning eyes?

1. "Chamomile tea bags work miracles to reduce swelling," says Schlip, who works with Christina Applegate. Soak them, chill in the freezer then place on closed eyes for about 10 minutes.
2. Gentle massage with an eye cream can help excess fluid drain away.
3. "Caffeine can help, but for extreme cases, mix one part hemorrhoid cream with 10 parts eye cream," instructs Schlip. Test on your wrist for any reaction. If all is clear, "apply, then remove after five or 10 minutes."

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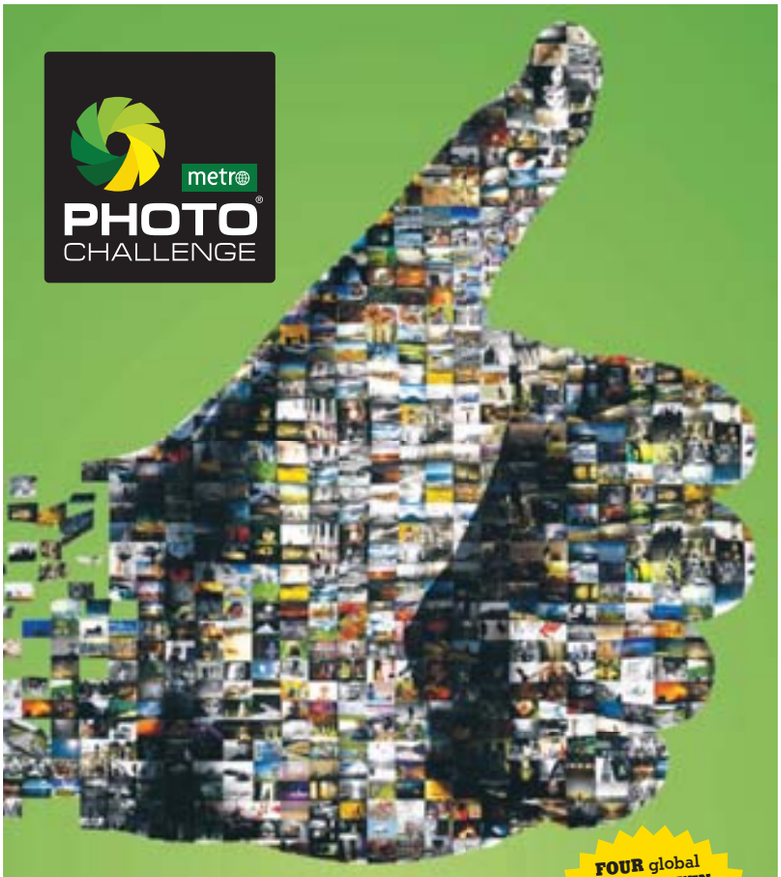

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The photos in picture are from previous editions of Photo Challenge.

Easy decor details

Simple, decorative ideas you can get done in time for the holidays

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

It's hard to find time to take on decorating projects at this time of the year, so I've compiled three simple decorating touches that you can do on a budget and in less than an afternoon.

Darker days, darker doors

Impress guests with some drama when they come through the front door by painting your front door a deep, luxurious colour.

The trend of a dark pronounced exterior door is coming back in style as dark colours add a sense of sophistication and importance to the front entry.

Choose a dark colour that is 'almost black' in its tone; dark purples, greens and navy blue top my list, and if by standing at the road it looks almost black, then you have the right tone!

Choose a high-gloss paint finish to add not only durability, but a glamourous sheen to the door. And while you are painting, why not wrap the colour around to the inside of the door? Adding that dark impact will do wonders to wake up your front foyer.

CONTRIBUTED

▶ Create drama by painting the inside and outside of your door a dark colour like purple, grey or navy.

Colour coding

Looking for an easy way to choose the right paint colour for the front door? Look at the colour of the body of the house and choose the opposite on the colour wheel.

For instance, if you have yellow-ish brick or siding then choose a purple colour; if you have orange brick choose a blue or green colour; if you have greenish siding then choose a burgundy-red colour.

Opposites do attract!

Bedroom highs

Is the bedroom looking a little bare without a headboard?

Well, with a bit of paint, edging tape (try 3M's EdgeLock blue Painter's Tape — it is new on the market and gives a crisp, clean edge to your paint job) and a level, you can create a faux headboard, which will add a focal point to your room.

BENJAMIN MOORE PAINTS

▶ Benjamin Moore's Kalamata AF-630 is fall's hottest front door colour.

For good proportions, measure the faux headboard six inches wider than your bed and at a height of around 52 inches (standard size).

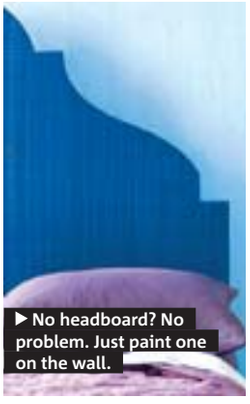
To make the painted headboard blend into the room, choose a paint colour similar to the colour of your bedskirt or bed base.

When the paint is dry, lean some large pillows across the top of your mattress and you'll add a luxurious layered look to your bedroom.

SCOTCH BLUE BRANDS.

▶ Ensure a crisp, clean edge by using professional painter's tape.

CONTRIBUTED



▶ No headboard? No problem. Just paint one on the wall.

Let your furniture 'slip into something more comfortable'

Slipcovering your furniture with store bought or custom tailored covers is a great way to change up the look of your furniture seasonally, hide old outdated pieces or protect valuable furniture from fading, wear and tear.

Store bought slipcovers range from $35 to 200 and although do not offer a tailored fit, can give a clean, fresh look to worn or outdated furnishings.

The look will be casual and they are recommended for utility over high fashion.

Find Sure Fit Slipcovers online and at Sears.

Change it up

▶ **The Old Chelsea Slipcover Co.** is a custom slipcover company that can have your old furniture covered by Christmas.

The labour for making custom made slipcovers can cost from $50 to cover a dining chair and up to $600 for a sofa, plus the fabric you choose.

It generally takes one to four weeks to create a couture cover for your well-loved furniture.

KARL LOHNES

POTATO SKINS.

▶ Slipcovered chair

Wall Space Gallery presents
Nava Waxman
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Wall Space Gallery presents a new body of work by encaustic artist Nava Waxman.
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Keep warm this winter

Curling up with blankets and cups of cocoa is lovely — but not when it's necessary for indoor survival Here's a few tips for winterizing your home

DIY IDEAS

By following simple fall maintenance tips, you can save energy and stay warm this winter.

In every episode of 10 Grand in Your Hand host John DeSilvia shows homeowners how to cut up to $10,000 from their renovation and remodelling budgets by offering advice on new technologies and how-to information for doing it yourself.

HANDOUT

▶ Licensed contractor John DeSilvia hosts 10 Grand in Your Hand.

Windows

Check for drafts by holding a lit candle near the seams of a closed window.

If the flame bends, there's a draft.

Check the exterior caulk for gaps and cracks that may need repair.

Remove all of the old caulking with caulk softener.

Polyurethane caulk works best for small and large gaps.

After thoroughly cleaning the surface, use the new caulk and run a wet finger overtop for a smooth finish.

After drying for 12-15 hours, your windows are ready for winter.

"Check for drafts by holding a lit candle near the seams of a closed window. If the flame bends, there's a draft."

Fireplace

Wood-burning fireplaces should be cleaned and inspected before winter falls.

This will prevent chimney fires and carbon monoxide poisoning.

Attic

Make sure the insulation in your attic is installed properly.

The vapour barrier should be facing down toward the living space, otherwise it will trap moisture.

Cut small holes along the vapour barrier to allow the moisture to escape.

Furnace

Always clean and replace filters in your furnace or heating system.

Have your gas heater or furnace inspected and serviced to avoid carbon monoxide poisoning.

Carbon monoxide and smoke detectors

Every fall, check your carbon monoxide detectors and smoke alarm and install fresh batteries.

A smoke alarm can save lives in a house fire.

Carbon monoxide is an invisible and odourless byproduct of burning oil or natural gas — the detector will sound if these levels get too high.

10 GRAND IN YOUR HAND AIRS THURSDAYS AT 10 P.M. ET/PT ON DIY NETWORK CANADA.

Keep a lid on it

Inspect your roof for wear and tear.

- **Shingles** that are curling, buckling or crackling need to be replaced.
- **Flashing:** Be sure to check the seams around skylights, pipes and chimneys.
- **Keep the heat in:** If there are any leaks or gaps, heavy snow and ice will find its way in — along with the cold.

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SPECIAL INFORMATION FEATURE

A trend worth Exploring

Beer is becoming versatile option for cocktails

JEFF O'REILLY
FOR METRO

Beer and cocktails — many of us have had them together in the same night, but how many have had them in the same glass?

Sure, we have, at one time or another, seen a bleary eyed friend throw some tomato juice into that first breakfast beer as a "Red Eye," hoping a little hair of the dog will do the trick.

On a hot summer day an older relative may have turned you on to a refreshing "Shandy" (beer, ginger ale and lemon bar mix) or the playfully named "Strip and Go Naked" (beer, frozen pink lemonade and gin or vodka) at a cottage get-together.

You may have even started the night out with traditional pub favourites like Snakebites (lager and hard cider), Black and Tans (Guinness and Smithwicks), or a Half and Half (Guinness and lager).

And, to be honest, these are all great drinks, but as palates become more sophisticated we will definitely see bartenders become more and more creative in where they turn for inspiration while thinking outside of the proverbial box — and beer is a versatile option that presents varieties of flavours and textures that juice never could.

Prime Restaurants beverage manager mixologist Nathan Cameron's latest creation, Cherry Bourbon Stout, is a great example of this. By mixing nine ounces of Guinness Stout, ¾ ounces of Bulleit Bourbon and one ounce of cherry cordial, the results are unexpectedly pleasant.

The Cherry Bourbon Stout cascades, leaving the familiar deep ruby colour and tight white head of Guinness, however, further investigation reveals huge aromas of sweet, oaky bourbon, roasted malts, subtle cherry and vanilla.

The flavours are surprisingly balanced and smooth — the cherry sweetness works well together with the natural fruitiness of the bourbon and the mellow bourbon sourness mixes perfectly with the richness of stout.

Subtle notes of honey, vanilla, cherry and coffee swirl in your mouth with the creaminess mouth feel and a soft buzzing alcohol glow. The finish is a lingering gentle sweetness that is pleasant and warming — and who couldn't use that in this weather?

Recipe

Shake ¾ ounces of Bulleit Bourbon and one ounce of cherry cordial together on ice, strain into a brandy snifter, top with nine ounces of Guinness Stout and serve.

JEFF O'REILLY/FOR METRO

▶ Amy serves up a Cherry Bourbon Stout at D'Arcy McGee's.

SAMANTHA EVERTS/FOR METRO

▶ Pick your own jack-o'-lantern this year by visiting a nearby pumpkin patch.

In search of the 'Great Pumpkin'

The little ghosts and goblins in your home are going to want the perfect Halloween pumpkin, so why not make an adventure of it and teach the children about local agriculture while you're at it?

It's the middle of harvest season and there are plenty of farms within an hour's driving distance.

Cannamore Orchard (1480 County Road 32) is outside of Winchester and offers pumpkin and apple picking. Different varieties can mean pumpkins get cool "warts" or "evil eyes," just check that they are solid because they bruise easily.

Not all apples remain until mid-October, though Honeycrisp, Lobo, McIntosh and Cortland are all available for purchase by the kilogram at its farm store.

Manotick folks are spoiled to have Miller's Farm (6158 Rideau Valley Dr.) to visit, which is right off the main village street. Pumpkins of all sizes can be spotted right from the road. For a dollar or two a pumpkin, there is no excuse not to buy one for each family member. Miller's Farm also offers hay rides through the pumpkin patch for only a dollar per person.

Remember to save the seeds for roasting later as a healthy snack.

SAMANTHA EVERTS

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SAMANTHA EVERTS/FOR METRO

▶ Glowing from candlelight, the Moonroom creates a casual, romantic atmosphere. It is relaxed and like a good lounge, encourages people to idle the night away over good wine.

Time to take a giant leap to the Moonroom

Eclectic and cool wine bar captures tapas ethos

SAMANTHA EVERTS
FOR METRO

The Moonroom is an otherworldly space that is as comfortable as hanging out in a friend's living room.

Open since late 2008, this intimate wine bar is eclectic and cool with hanging white linen canopy ceilings, Portishead-playing jukebox and adorable backyard garden view. The slow light display may be pale pink when you arrive, but soft orange later.

But this is not a place to visit if you are hungry; food will come out at a Parisian pace since there is no kitchen. All food is made at Trio, owner Tracy Turnbull's other restaurant, so food is heated in a bain-marie (a kind of hot-water bath).

Choices

- **Dozens of international** wines and exotic cheese to choose from.
- **Try the cheese** fondue for a light meal.

The Moonroom captures the European tapas ethos with countless cheese options like Chateau au Bourgogne from France along with many Québécois cheeses. Thoughtfully paired wines are served by glass, carafe, or bottle.

A wide variety of beers (including local micro-brews) are on tap.

Served on small plates, there are more than 10 items changing every two weeks. We opted for bacon-wrapped olives, a savoury bite, and rustic fall slaw. The Moonboard featured two cured meats (spicy salami and prosciutto) with local Balderson cheese with house-made pickles, served on a wood plank. They offer an excellent cheese tasting artisanal board as well for a bit more, but order extra crostini if you feel like just nibbling. A decadent looking chocolate torte was also spied on the small menu.

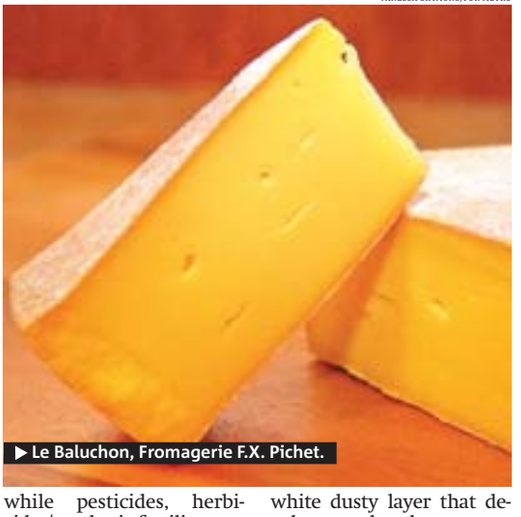
Don't let this be an alien experience. Come on, take a trip to the moon.

The Moonroom is located at 442 Preston St.

Bite into organic dairy goodness

CURD ON THE STREET

VANESSA SIMMONS/FOR METRO



▶ Le Baluchon, Fromagerie F.X. Pichet.

Organic products are created through systems and processes that are more sustainable and harmonious with their environments (soil, animals, people, and plants).

My cheese pick this week is "Le Baluchon" as an example of the dairy goodness that comes from organic practices, committed to by Fromagerie F.X. Pichet owners Michel Pichet and Marie-Claude Harvey of Sainte-Anne-De-La-Pérade, Que.

Organic cheese producers generally have lower tech operations and milk sourced from pasture-based farms (if not their own), where animals are free of hormones, and antibiotics, while pesticides, herbicides/synthetic fertilizers or chemicals aren't used on their lands.

Le Baluchon is a farmstead, washed-rind, certified "Québec Vrai" organic raw cow's milk cheese aged for 60 days. Outside, you will notice harvest colours of apricot/orange/terracotta in the rind with a thin white dusty layer that develops as the cheese ages.

Inside, it's a bright, golden yellow semi-firm creamy paste showing small holes that glistens in sunlight. Made Oka-style, Le Baluchon has similar characteristics: A gritty, textured rind, toasted hazelnut flavours, and pungent, barny aromas.

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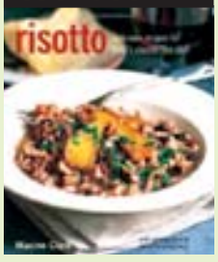
Weekly Cookbook



Maxine Clark's collection, Risotto: Delicious Recipes for Italy's Classic Dish (Ryland, Peters & Small, 2011), features both popular favourites and lesser-known dishes. More than 50 recipes are included that incorporate vegetables; cheese and eggs; poultry and game; meat; sausage and bacon; fish and seafood; and more.

Among included recipes are: Duck Risotto with Spinach, Scallop & Spring Onion Risotto and more, including alternatives like Fried Rice Balls.

Wild rice gives risotto new texture

Recipe modernizes Italian classic • It also uses mushrooms & cheese for a burst of flavour

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Bursting with rich robust flavours of brown mushrooms and pecorino romano cheese, this risotto uses wild rice for a slightly different texture and flavour.

THE CANADIAN PRESS H/O

▶ This recipe serves four.

Preparation:

1. In saucepan, heat stock to a simmer. Then in a separate large saucepan, heat 15 ml (1 tbsp) of the butter and oil on high and cook until melted and bubbly. Add onion and cook until softened, 3 to 5 minutes. Add garlic and stir.
2. Add rice and stir to coat thoroughly. Add a pinch each of the salt and pepper. Pour wine over rice and cook for 2 minutes until some of the alcohol boils off.
3. Add 2 ladlefuls of hot stock to rice and stir well. Stir frequently as stock starts to boil off and rice begins to get soft. Add mushrooms.
4. Keep adding stock by ladleful, stirring every 2 minutes until all stock is absorbed and the rice is thoroughly cooked through. This will take about 30 to 40 minutes with brown rice. If you run out of stock, add a bit of hot water.
5. Add remaining butter, cheese and parsley; stir to combine. Divide equally among 4 plates.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/

Ingredients:

- 1 L (4 cups) chicken or vegetable stock
- 30 ml (2 tbsp) butter
- 15 ml (1 tbsp) olive oil
- Half an onion, finely diced
- 1 large garlic clove, minced
- 250 ml (1 cup) brown and wild rice mixture
- 2 ml (1/2 tsp) sea salt
- 1 ml (1/4 tsp) freshly ground black pepper
- 50 ml (1/4 cup) white wine
- 750 ml (3 cups) mixed baby mushrooms such as cremini, button and chanterelle
- 125 ml (1/2 cup) freshly grated pecorino romano cheese
- 5 ml (1 tsp) chopped fresh parsley

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Upgrade scrambled eggs into a frittata

This Swiss Chard, Mushroom & Tomato Frittata meal starts with eggs • Feel free to add other ingredients

It's a complete meal. It's easy. It's fast. It's versatile.

A frittata is simply one of the best choices when a weeknight meal needs to get on the table fast.

Think of frittatas as scrambled eggs with other ingredients mixed in. And instead of cooking it entirely on the stovetop, it gets finished under the broiler. This creates a delicious lightly browned top, especially if you toss a bit of cheese on it before popping it in the oven.

In this recipe, oil-packed sun-dried tomatoes are a better choice than fresh, as they have little water. Don't worry about the oil clinging to the tomatoes; it serves as your cooking oil.

Preparation:

1. In a bowl, whisk eggs, milk and thyme. Add salt, pepper; set aside.
2. Heat sun dried tomato oil in oven-safe non-stick skillet over medium-high heat. Add onions, mushrooms, sun dried tomatoes and garlic. Sauté until onions are soft, about 5 minutes. Add chard and cook until just wilted.
3. Spread vegetables in an even layer over bottom of pan. Pour egg mix over them, then cook, without stirring, for 4 minutes, or until bottom has set. Sprinkle cheese over top of frittata.
4. Transfer pan to middle rack of the oven and broil until frittata is puffed, lightly browned and firm at the centre, 2 to 3 minutes.
5. Remove pan from oven and cool slightly before slicing.

EMILY RICHARDS/ THE ASSOCIATED PRESS

Ingredients:

- 6 eggs
- 125 ml (1/2 cup) milk
- 2 ml (1/2 tsp) dried thyme
- Pinch each salt and ground black pepper
- 30 mL (2 tbsp) sun dried tomato oil from jar
- 125 g (4 oz) sliced white button mushrooms
- 1 onion, diced
- 50 ml (1/4 cup) chopped oil-packed sun-dried tomatoes
- 2 cloves garlic, minced
- 500 ml (2 cups) chopped Swiss chard
- 125 ml (1/2 cup) shredded cheddar cheese

Fall. Classic

▶ Manager Tony La Russa of the St. Louis Cardinals greets his team last night.

PAUL SANCYA-POOL/GETTY IMAGES

White House wives on the mound as Series begins

Michelle Obama and Jill Biden put their baseball allegiances aside last night and teamed up with Major League Baseball to support the U.S. military before Game 1 of the World Series.
Obama, whose husband is a proud White Sox fan, and Dr. Biden, a self-described "Philly girl," were joined on the mound at blustery Busch Stadium by Lance Corporal James Sperry and his five-year-old daughter, Hannah.

THE ASSOCIATED PRESS

Zibanejad not ready to stick with Sens

THE HOCKEY NEWS

MURRAY PAM
OTTAWA@METRONEWS.CA

Should he stay or should he go? There certainly are a clash of opinions when it comes to 18-year-old whiz kid Mika Zibanejad's immediate future in Ottawa.

GM Bryan Murray said in a radio interview several days before the season began that Zibanejad, the club's sixth overall pick in June, would stick for the year. And to be fair, Zibanejad was causing a stir. In his first pre-season home appearance, the Stockholm native one-timed an overtime winner and was physical, utilizing his six-foot-two, 200-pound frame to make an impact.

The reviews have subsequently been mixed.

On opening night in Detroit, Zibanejad debuted as the second-line centre. After just 20 minutes he was dropped to the third line. With the emergence of Stephane Da Costa and the return of Peter Regin from injury, Zibanejad was shifted to right wing. On Tuesday night, Zibanejad returned to his familiar centre position. He has yet to find his niche and has garnered only one assist in six games while averaging just more than 11 minutes of ice time.

In essence, he's a bit-player on a team that has started the season abysmally. How is this aiding his development?

While some claim Zibanejad's stint last season as a 17-year-old in Djurgarden of the Swedish league proved he could play with men, he only saw action in 26 games.

Look at recent NHL history and you'll find just eight 18-year-old NHLers have surpassed 20 points in the past five seasons. Avalanche Matt Duchene and Hurricane Jeff Skinner are the only two to exceed 50 points.

If Zibanejad were an impact rookie such as Oiler Ryan Nugent-Hopkins, a case could be built to keep him in town. But he's not. He is a hard-working player with a bright future.

Murray has until just before Oct. 27 to decide because, barring unforeseen circumstances, that will mark Zibanejad's 10th NHL game, a magic number for big league rookies. Once a player skates in Game No. 10, his entry level contract is activated, putting him one year closer to a more lucrative second contract, and, ultimately free agency. It would also put the Sens on the hook for all of his $1.8 million salary for this season.

From this corner, the decision is clear: the next time we see Mika Zibanejad in North America, he should be a dominating force for Sweden in Alberta at the World Junior Championship.

4 sports

Quoted

"It was fun to be playing football, it was fun to be in a huddle again, it was fun to be throwing routes in 7-on-7 and teams and all these things."

NEW RAIDERS QB CARSON PALMER. A DAY AFTER BEING TRADED FROM CINCINNATI, PALMER SHARED FIRST-TEAM SNAPS YESTERDAY WITH KYLE BOLLER.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	5	5	0	0	0	18	11	10	4-0-0-0	1-0-0-0	5-0-0-0	W5
d-Pittsburgh	8	4	2	1	1	23	20	10	1-1-1-0	3-1-0-1	4-2-1-1	W1
d-Buffalo	5	4	1	0	0	17	10	8	1-1-0-0	3-0-0-0	4-1-0-0	W2
Philadelphia	5	4	0	1	0	21	10	9	1-0-1-0	3-0-0-0	4-0-1-0	W1
Toronto	4	3	0	1	0	13	10	7	3-0-1-0	0-0-0-0	3-0-1-0	L1
Carolina	6	3	2	1	0	17	19	7	1-1-0-0	2-1-1-0	3-2-1-0	W3
NY Islanders	4	3	1	0	0	11	6	6	3-1-0-0	0-0-0-0	3-1-0-0	W3
New Jersey	4	3	1	0	0	9	8	6	2-1-0-0	1-0-0-0	3-1-0-0	W3
Florida	5	3	2	0	0	14	13	6	1-0-0-0	2-2-0-0	3-2-0-0	L1
NY Rangers	4	1	1	1	1	9	8	4	0-0-0-0	1-1-1-1	1-1-1-1	W1
Boston	6	2	4	0	0	11	13	4	1-3-0-0	1-1-0-0	2-4-0-0	L1
Tampa Bay	6	1	3	0	2	18	26	4	0-1-0-0	1-2-0-2	1-3-0-2	L5
Montreal	5	1	3	0	1	12	16	3	0-2-0-1	1-1-0-0	1-3-0-1	L3
Winnipeg	4	1	3	0	0	7	14	2	1-1-0-0	0-2-0-0	1-3-0-0	W1
Ottawa	6	1	5	0	0	16	30	2	1-2-0-0	0-3-0-0	1-5-0-0	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Colorado	6	5	1	0	0	20	13	10	0-1-0-0	5-0-0-0	5-1-0-0	W5
d-Dallas	6	5	1	0	0	16	13	10	4-0-0-0	1-1-0-0	5-1-0-0	W4
d-Detroit	4	4	0	0	0	13	5	8	2-0-0-0	2-0-0-0	4-0-0-0	W4
Anaheim	5	4	1	0	0	11	9	8	3-0-0-0	1-1-0-0	4-1-0-0	W4
Chicago	5	3	1	0	1	17	12	7	2-0-0-1	1-1-0-0	3-1-0-1	W1
Los Angeles	5	3	1	0	1	14	10	7	2-1-0-0	1-0-0-1	3-1-0-1	W2
Minnesota	6	2	2	1	1	14	16	6	2-1-1-0	0-1-0-1	2-2-1-1	L2
Phoenix	5	2	2	0	1	15	16	5	1-1-0-0	1-1-0-1	2-2-0-1	L1
Edmonton	5	2	2	0	1	10	10	5	2-1-0-0	1-1-0-1	2-2-0-1	L1
Nashville	5	2	2	0	1	12	15	5	0-1-0-1	2-1-0-0	2-2-0-1	L3
Vancouver	6	2	3	0	1	14	20	5	0-1-0-1	2-2-0-0	2-3-0-1	L1
St. Louis	6	2	4	0	0	15	20	4	1-1-0-0	1-3-0-0	2-4-0-0	L2
Calgary	5	2	3	0	0	13	15	4	1-1-0-0	1-2-0-0	2-3-0-0	W1
San Jose	4	1	3	0	0	10	11	2	1-2-0-0	0-1-0-0	1-3-0-0	L3
Columbus	6	0	5	0	1	12	20	1	0-3-0-1	0-2-0-0	0-5-0-1	L6

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's result
Winnipeg at Toronto
Tuesday's results
Calgary 2 Edmonton 1
Carolina 4 Boston 1
Pittsburgh 4 Minnesota 2
Dallas 3 Columbus 2
Washington 3 Florida 0
Buffalo 3 Montreal 1
Philadelphia 7 Ottawa 2
N.Y. Rangers 4 Vancouver 0
Chicago 5 Phoenix 2
Los Angeles 5 St. Louis 0
Tonight's games
All times Eastern
Toronto at Boston, 7 p.m.
Washington at Philadelphia, 7 p.m.
Montreal at Pittsburgh, 7 p.m.
Winnipeg at Ottawa, 7:30 p.m.
N.Y. Islanders at Tampa Bay, 7:30 p.m.
Buffalo at Florida, 7:30 p.m.
Chicago at Colorado, 9 p.m.
N.Y. Rangers at Calgary, 9 p.m.
Minnesota at Edmonton, 9:30 p.m.
Nashville at Vancouver, 10 p.m.
Los Angeles at Phoenix, 10 p.m.
Tomorrow's games
San Jose at New Jersey, 7 p.m.
Columbus at Detroit, 7:30 p.m.
Carolina at St. Louis, 8 p.m.
Dallas at Anaheim, 10 p.m.

LATE TUESDAY

RANGERS 4, CANUCKS 0

First Period — No Scoring.
Penalties — H.Sedin Vcr (interference) 2:26, Luongo Vcr (delay of game; served by Weise) 8:52, Prust NYR (holding stick) 13:18, McDonagh NYR (hooking) 17:25.
Second Period — No Scoring.
Penalties — Dubinsky NYR (roughing) 8:00, Anisimov NYR (holding) 12:51, Woywitka NYR (hooking) 17:31.
Third Period
1. N.Y. Rangers, Rupp 1 (Del Zotto, Prust) 2:22
2. N.Y. Rangers, McDonagh1 (Dubinsky, Anisimov) 9:57
3. N.Y. Rangers, Boyle 1 (Prust, Fedotenko) 11:30
4. N.Y. Rangers, Gaborik 3 (McDonagh, Richards) 17:39

Penalties — Prust NYR (boarding) 4:09, Kesler Vcr (holding) 4:57, Del Zotto NYR (tripping) 6:21, Rupp NYR (holding stick), 16:59 Dubinsky NYR (fighting, misconduct), Bieksa Vcr (charging, fighting, misconduct) 17:16.
Shots on goal

N.Y. Rangers	5	4	10	—19
Vancouver	13	15	12	—40

Goal — N.Y. Rangers: Lundqvist (W,1-1-2); Vancouver: Luongo (L,1-2-1).
Power plays (goals-chances) — N.Y. Rangers: 0-3; Vancouver: 0-9.
Referees — Chris Rooney, Ian Walsh. **Linesmen** — Steve Barton, Derek Nansen.
Attendance — 18,890 (18,890) at Vancouver.

LATE TUESDAY

BLACKHAWKS 5, COYOTES 2

First Period
1. Chicago, Hossa 2 (Sharp, Keith) 15:06 (pp)

Penalties — Pyatt Pho (boarding) 1:57, Carcillo Chi (hooking) 5:05, Aucoin Pho (interference) 13:33, Korpikoski Pho (hooking) 14:26.
Second Period
2. Phoenix, Pyatt 1 (Schlemko, Klesla) 0:42
3. Chicago, J.Toews 2 (Brunette, Sharp) 3:26
4. Phoenix, Whitney 3 (Langkow) 7:48
5. Chicago, Mayers 1 (Keith, Stalberg) 8:36

Penalties — Whitney Pho (high-sticking) 5:24, Doan Pho (tripping) 17:57, Hossa Chi (slashing) 20:00.
Third Period
6. Chicago, Bolland 4, 2:27 (sh)
7. Chicago, Bickell 2 (Frolik, Bolland) 9:06

Penalty — Sharp Chi (tripping) 2:08.
Shots on goal

Chicago	15	12	8	—35
Phoenix	4	5	7	—16

Goal — Chicago: Crawford (W,2-1-1); Phoenix: LaBarbera (L,1-1-0). **Power plays (goals-chances)** — Chicago: 1-5; Phoenix: 0-3.
Att. — 11,051 (17,135) at Glendale, Ariz.

KINGS 5, BLUES 0

First Period
1. Los Angeles, Gagne 2 (Stoll, Mitchell) 7:20

Penalties — Jackman StL (slashing) 2:28, Moreau LA (tripping) 7:45.
Second Period
2. Los Angeles, Stoll 1 (Brown, Penner) 11:36
3. Los Angeles, Brown 1 (Richards, Johnson) 15:05 (pp)

Penalties — Backes StL (interference) 6:26, Johnson LA (tripping) 8:21, Greene LA (elbowing) 12:46, Stewart StL (roughing) 14:22, Pietrangelo StL (hooking) 14:53.
Third Period
4. Los Angeles, Kopitar 4 (Gagne, Williams) 0:23
5. Los Angeles, Gagne 3 (Kopitar, Williams) 6:29

Penalty — Brown LA (interference) 1:27.
Shots on goal

St. Louis	5	13	9	—27
Los Angeles	5	12	7	—24

Goal (shots-saves) — St. Louis: Halak (L,1-4-0)(18-14), Elliott (0:23 third)(6-5); Los Angeles: Quick (W,3-0-1). **Power plays (goals-chances)** — St. Louis: 0-4; Los Angeles: 1-4.
Att. — 18,118 (18,118) at Los Angeles.

MLB PLAYOFFS

WORLD SERIES

(Best-of-7 series)
ST. LOUIS (N.L.) VS. TEXAS (A.L.)
Last night's result
Texas at St. Louis
Tonight's game
All times Eastern
Texas (Lewis 14-10) at St. Louis (Garcia 13-7), 8:05 p.m.
Saturday's game
St. Louis (Lohse 14-8) at Texas (Holland 16-5), 8:05 p.m.
Sunday's game
St. Louis (Jackson 12-9) at Texas (Harrison 14-9), 8:05 p.m.
Monday's game
x-St. Louis at Texas, 8:05 p.m.
Wednesday's game
x-Texas at St. Louis, 8:05 p.m.
Thursday, Oct. 27
x-Texas at St. Louis, 8:05 p.m.
x — if necessary.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	5	1	0	.833	185	135
Buffalo	4	2	0	.667	188	147
N.Y. Jets	3	3	0	.500	145	131
Miami	0	5	0	.000	75	128

SOUTH

	W	L	T	Pct	PF	PA
Tennessee	3	2	0	.600	105	94
Houston	3	3	0	.500	141	124
Jacksonville	1	5	0	.167	72	132
Indianapolis	0	6	0	.000	104	163

NORTH

	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	148	71
Cincinnati	4	2	0	.667	137	111
Pittsburgh	4	2	0	.667	119	102
Cleveland	2	3	0	.400	91	117

WEST

	W	L	T	Pct	PF	PA
San Diego	4	1	0	.800	120	109
Oakland	4	2	0	.667	160	150
Kansas City	2	3	0	.400	77	150
Denver	1	4	0	.200	105	140

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	154	147
Washington	3	2	0	.600	96	83
Dallas	2	3	0	.400	115	121
Philadelphia	2	4	0	.333	145	145

SOUTH

	W	L	T	Pct	PF	PA
Tampa Bay	4	2	0	.667	113	145
New Orleans	4	2	0	.667	177	151
Atlanta	3	3	0	.500	135	147
Carolina	1	5	0	.167	133	163

NORTH

	W	L	T	Pct	PF	PA
Green Bay	6	0	0	1.000	197	114
Detroit	5	1	0	.833	178	114
Chicago	3	3	0	.500	146	132
Minnesota	1	5	0	.167	121	145

WEST

	W	L	T	Pct	PF	PA
San Francisco	5	1	0	.833	167	97
Seattle	2	3	0	.400	94	122
Arizona	1	4	0	.200	96	121
St. Louis	0	5	0	.000	49	137

WEEK SEVEN
All times Eastern
Sunday's games
Houston at Tennessee, 1 p.m.
Washington at Carolina, 1 p.m.
San Diego at N.Y. Jets, 1 p.m.
Seattle at Cleveland, 1 p.m.
Denver at Miami, 1 p.m.
Atlanta at Detroit, 1 p.m.
Chicago vs. Tampa Bay at London, 1 p.m.
Kansas City at Oakland, 4:05 p.m.
Pittsburgh at Arizona, 4:05 p.m.
St. Louis at Dallas, 4:15 p.m.
Green Bay at Minnesota, 4:15 p.m.
Indianapolis at New Orleans, 8:20 p.m.
Byes: Buffalo, Cincinnati, N.Y. Giants, New England, Philadelphia, San Francisco
Monday's game
Baltimore at Jacksonville, 8:30 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	15	10	5	0	462	373	20
x-Winnipeg	15	9	6	0	360	350	18
x-Hamilton	15	7	8	0	420	416	14
Toronto	15	4	11	0	313	429	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-B.C.	15	9	6	0	429	322	18
x-Edmonton	15	9	6	0	353	328	18
x-Calgary	15	8	7	0	424	412	16
Saskatchewan	15	4	11	0	294	431	8

x — clinched playoff berth.
All times Eastern
Tomorrow's games
Edmonton at Toronto, 6:30 p.m.
Saskatchewan at Calgary, 9:30 p.m.
Saturday's games
Montreal at Winnipeg, 3 p.m.
B.C. at Hamilton, 7 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Kansas City	33	12	9	12	49	40	48
x-Philadelphia	33	11	7	15	44	35	48
Columbus	33	13	12	8	41	41	47
Houston	33	11	9	13	42	40	46
New York	33	9	8	16	49	44	43
Chicago	33	8	9	16	43	43	40
D.C. United	32	9	12	11	48	50	38
Toronto	33	6	13	14	34	57	32
New England	33	5	16	12	36	56	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
y-Los Angeles	33	19	4	10	47	25	67
x-Seattle	33	17	7	9	53	36	60
x-Real Salt Lake	33	15	11	7	43	35	52
x-Dallas	33	15	11	7	40	35	52
x-Colorado	33	11	9	13	42	40	46
Portland	32	11	13	8	38	46	40
Chivas USA	33	8	13	12	40	40	36
San Jose	33	7	12	14	36	43	35
Vancouver	33	6	17	10	34	53	28

x — Clinched playoff berth.
y — Clinched conference.
Note: Three points for a win, one for a tie.
Last night's result
Portland at D.C. United
Tonight's game
All times Eastern
Philadelphia at New York, 8 p.m.
Saturday's games
New England at Toronto, 12:30 p.m.
Colorado at Vancouver, 7 p.m.
Kansas City at D.C. United, 7:30 p.m.
Columbus at Chicago, 8:30 p.m.
Portland at Real Salt Lake, 9 p.m.
Seattle at Chivas USA, 10:30 p.m.
Dallas at San Jose, 10:30 p.m.

GOLF

PGA

GRAND SLAM

At Southhampton Parish, Bermuda
Par 71
Final Round

Keegan Bradley, $600,000	67-71—138
Charl Schwartzel, $300,000	74-65—139
Rory McIlroy, $250,000	67-75—142
Darren Clarke, $200,000	77-74—151

TENNIS

ATP

IF STOCKHOLM OPEN

At Stockholm
Singles — First Round
Bernard Tomic, Australia, def. Jurgen Zopp, Estonia, 7-6 (5), 4-6, 6-0.
Grigor Dimitrov, Bulgaria, def. Ryan Sweeting, U.S., 6-3, 6-1.
Sebastien Rieschick, Germany, def. Michael Ryderstedt, Sweden, 6-4, 3-6, 6-3.
Singles — Second Round
Milos Raonic (6), Thornhill, Ont., def. Philipp Petzschner, Germany, 6-3, 6-3.
James Blake, U.S., def. Juan Martin Del Potro (2), Argentina, 6-4, 6-4.
Kevin Anderson (5), South Africa, def. Tommy Haas, Germany, 6-7 (3), 6-4, 6-4.

WTA

BNP PARIBAS LUXEMBOURG OPEN

At Luxembourg
Singles — First Round
Victoria Azarenka (1), Belarus, def. Barbora Zahlavova Strycova, Czech Republic, 6-2, 6-4.
Anastasija Sevastova, Latvia, def. Flavia Pennetta (4), Italy, 6-3, 6-2.
Ana Ivanovic (5), Serbia, def. Virginie Razzano, France, 7-6 (2), 6-4.
Simona Halep, Romania, def. Kimiko Date-Krumm, Japan, 6-4, 7-5.
Bibiane Schoofs, Netherlands, def. Angelique Kerber, Germany, 2-6, 6-2, 6-1.
Singles — Second Round
Julia Goerges (6), Germany, def. Tamira Paszek, Austria, 6-4, 6-2.
Iveta Benesova, Czech Republic, def. Maria Kirilenko (7), Russia (walkover).
Monica Niculescu, Romania, def. Anabel Medina Garrigues, Spain, 7-6 (5), 3-6, 6-1.

ATP-WTA

KREMLIN CUP

At Moscow
Men's Singles — First Round
Julien Benneteau, France, def. Evgeny Donskoy, Russia, 6-4, 6-3.
Men's Singles — Second Round
Viktor Troicki (2), Serbia, def. Pere Riba, Spain, 6-4, 6-4.
Nikolay Davydenko (4), Russia, def. Teymuraz Gabashvili, Russia, 7-5, 6-2.
Alex Bogomolov, Jr. (5), U.S., def. Mikhail Kukushkin, Kazakhstan, 6-4, 3-6, 6-4.
Michael Berrer, Germany, def. Andreas Seppi (8), Italy, 4-6, 6-3, 6-2.
Women's Singles — First Round
Dominika Cibulkova (8), Slovakia, def. Polona Hercog, Slovenia, 6-3, 7-6 (3).
Elena Vesnina, Russia, def. Alla Kudryavtseva, Russia, 6-0, 6-1.
Women's Singles — Second Round
Vera Zvonareva (1), Russia, def. Bojana Jovanovski, Serbia, 6-1, 6-1.
Lucie Safarova, Czech Republic, def. Agnieszka Radwanska (2), Poland, 6-4, 4-6, 6-4.
Kaia Kanepi, Estonia, def. Francesca Schiavone (4), Italy, 6-4, 5-7, 7-6 (7).
Vera Dushevina, Russia, def. Nadia Petrova, Russia, 6-2, 7-6 (3).

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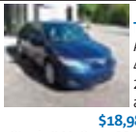
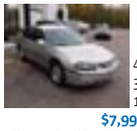
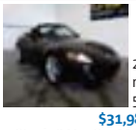

2011 TOYOTA CAMRY
AC, power group, 4 door sedan, 2.5L, 2.5, 52,668 kms auto, blue/beige
$18,980
Stock # U1820 Model Code BFELT


2005 CHEVROLET IMPALA
4 door Sedan, FWD, 3.8 L V-6 Cyl, auto, 130,616 kms, silv/grey
$7,995
Stock # 1861 Model Code IWF19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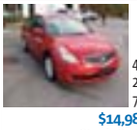
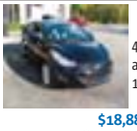
$31,980
Stock # U1781 Model AP2148EN


2009 NISSAN ALTIMA
4 door Sedan, auto, 2.5 engine, red/beige, 75,393 kms
$14,988
Stock # 1832B


2011 HYUNDAI ELANTRA GLS
4 door Sedan, 1.8 L, auto, black/grey, 11,433 kms
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2010 DODGE GRAND CARAVAN
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Crossword

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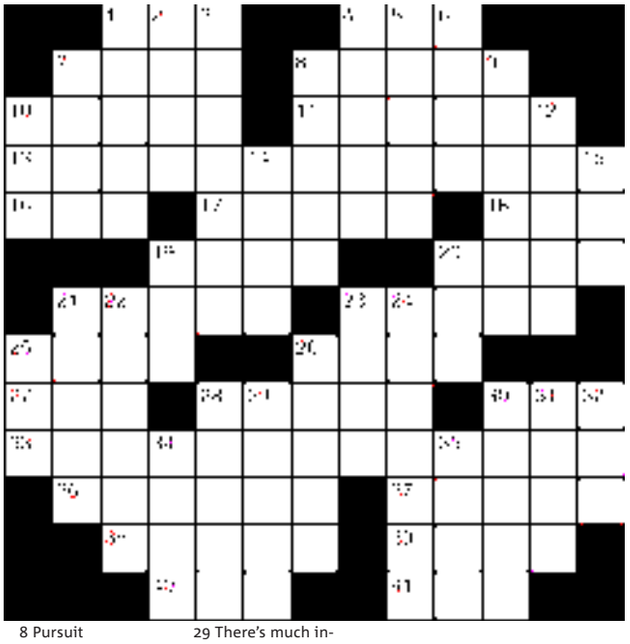


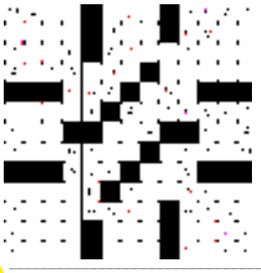
Across

1 Aries
4 English channel?
7 Wash
8 Shroud of concealment
10 Resided
11 "Yay!"
13 2004 Green Day album
16 Lair
17 Expenses
18 Old French coin
19 Lion's crowning glory
20 Encounter
21 Gets better
23 Tote
25 Frog's cousin
26 "Desire Under the —"
27 Ph. bk. data
28 Khartoum's country
30 "Wham!"
33 Unimpeachable information
36 100 per cent, as an effort
37 Dieter's lunch
38 Speaks unclearly
39 Pastoral piece
40 Pigs' home
41 Cleo's slayer

Down

1 "Nevermore" sayer
2 Assert
3 Doctor-related
4 Pulling no punches
5 Foe of Bullwinkle
6 Hallmark offering
7 Citrus fruit
8 Pursuit
9 Bygone German leader
10 Young fellow
12 Nonsense
14 Swindles
15 Boy king of Egypt
19 Frenzied
20 "— Doubtfire"
21 Uproar
22 Atelier supports
23 Dressed
24 Memory loss
25 Stick with a kick
26 Tends texts
28 Nose
29 There's much interest in it
30 Sea anemone, e.g.
31 October birthstone
32 Marry
34 Troubles
35 June honorees

▶ Tuesday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

1			3	2				9
	7					1	4	
	3			1	6			5
					3			2
		8				6		
7			4					
4			8	3			2	
	5	2					9	
6				5	7			4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	5	8	1	4	3	2	7	9
7	4	1	2	6	9	3	8	5
9	2	3	5	7	8	6	4	1
4	8	9	3	1	7	5	6	2
2	3	6	8	5	4	1	9	7
1	7	5	9	2	6	4	3	8
3	9	2	6	8	1	7	5	4
8	1	4	7	3	5	9	2	6
5	6	7	4	9	2	8	1	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Amore, Baby you are so good to me, I couldn't imagine life without you, ever! You've got the love I need & I want you to know I love you more today than I did yesterday! **PKR SEMPRE**

My Lovely Princess Missing those big blue beautiful eyes n smile of yours. Looking forward for big birthday party in less than two weeks. Keep your head up n don't forget to smile. :):) haha..LOL **PC**

Pablo, We kinda talked in gr.9 but it was in Eng 10 when we really got to know each other and we never looked back. Its been over two years since we have been together & they have been amazing. It just sucks that I can't see you everyday like I use to since I'm in college and you are in high school but always remember one thing, "I L word you." **BOB**

Today 15°/7° Rain 90%
Friday 13°/4° Drizzle 40%
The Weather Network Download WeatherEye to your smartphone.
TWN incorporates MSC data

Today's horoscope

♈ Aries March 21-April 20 Someone in a position of authority can threaten or bribe you, but you won't lose sight of your principles.

♉ Taurus April 21-May 21 You would be wise to watch your back over the next 24 hours. According to the planets, a rival is plotting.

♊ Gemini May 22-June 21 You may not want to give up on a project but you have no choice. It would take cash to keep going.

♋ Cancer June 22-July 22 Deep down, you know what must be done but you seem to be waiting for a sign. Trust your gut instead.

♌ Leo July 23-Aug.23 You may be tempted to hold out for a better offer but that may not be such a good idea. Seal the deal.

♍ Virgo Aug. 24- Sept. 22 If you believe things will go badly, they may. You'll feel better when the Sun changes signs this weekend.

♎ Libra Sept. 23-Oct. 23 The best way to deal with someone who refuses to see sense is to let him or her go. He or she will learn.

♏ Scorpio Oct. 24-Nov. 22 In a matter of days, you will confound your critics and do something extraordinary.

♐ Sagittarius Nov. 23-Dec. 21 Give others the impression that you don't really care whether you win or lose — then strike.

♑ Capricorn Dec. 22-Jan. 20 Don't dwell on your failures. You can't change the past so why waste time thinking about it?

♒ Aquarius Jan. 21-Feb. 18 Something seems to be bothering you deeply and your rivals have picked up on the scent of your fear.

♓ Pisces Feb. 19-March 20. Why are you trying to live up to an unture image? Don't try to be someone else. **SALLY BROMPTON**

Caption contest

ROB GRIFFITH/ THE ASSOCIATED PRESS

STEFFEN SCHMIDT/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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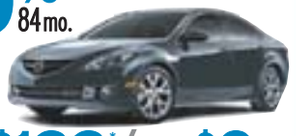

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